

The Stout Institute Bulletin

Special Number

Recipes for Food Classes

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THE STOUT INSTITUTE BULLETIN



RECIPES FOR FOOD CLASSES

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INTRODUCTION

THE following recipes have been selected for use in advanced classes in Foods and Cookery in The Stout Institute. They represent material from many sources that has been found usable for class work. The directions given are more definite and specific than those in the usual cook books, such being necessary for the use of students. It will be noted that all fundamental proportions, recipes for simpler dishes, and general directions have been omitted. These are to be found in Bulletin I used in the first year classes in Foods and Cookery.

DAISY ALICE KUGEL,
Director, School of Household Arts.

February, 1925.



Regulations for Food Laboratories

1. Wear clean uniforms, and aprons with pockets, and provide hand towels, holders and hair-nets.
2. Wash hands before beginning work in the laboratory.
3. No jewelry is permitted to be worn on the hands.
4. All dishes belonging to the dining room must be paid for if broken.
5. Utensils and dishes are not to be taken from the laboratory.
6. Leave desk top and bread board clean and dry.
7. Leave wood work of desk clean, i. e., front of desk and drawers.
8. Stove should be left clean as knife and paper can make it. Be sure to leave it dry that it may not rust.
9. Extinguish gas burners and ovens when through using.
10. See that supply drawers are clean, and everything in place.
11. Wipe sifter with dry towel. Wash only when necessary and then dry thoroughly.
12. Leave all tools clean, and especially the steels, bright and dry.
13. Scour steels and pans with cork and scourer.
14. Do not soak steel knives and forks, nor wet gearing of Dover egg beater.
15. Turn knife edges to the left.
16. Place measuring cups with handles to the right.
17. Use care in opening and closing drawers that tools may remain in place.
18. Place saucepans and double boilers with handles to the right.
19. Do not use double boiler as a saucepan.
20. After using brush, wash and leave, brush side down, in the place provided for the purpose.
21. Place scraps of soap in soap shakers at the sink, and wash soap dishes.
22. Waste jars should be emptied and washed.
23. Wash towels and dish cloths, and hang on rack to dry in orderly manner.
24. Put paper, tin cans, and broken articles in incinerator.
25. See that floor in front of desk is clean, and tools in place before leaving laboratory.
26. Anything spilled on the floor must be wiped up with floor cloth provided.
27. Utility trays must NEVER be used for baking or cooking.
28. Outer garments must not be brought into the laboratory.
29. School supplies and books should never be placed on laboratory tables. They do not belong in the laboratory.
30. Stools must be in place before students leave the room.
31. Supplies on supply tables are to be kept covered when not in use.

FOOD PRESERVATION

CAUSES OF THE SPOILING OF FOOD:

Action of microorganisms; bacteria, yeasts and molds.

REQUIREMENTS FOR THE GROWTH OF MICROORGANISMS:

Food, water, warmth.

METHODS OF FOOD PRESERVATION:

Processes	Principles Involved	Why Effective
1. Canning	Sterilization and sealing	Bacteria present are killed by heat and others kept out by sealing.
2. Drying	Removal of moisture from food	Not enough water present for the growth of microorganisms.
3. Salting	Removal of moisture from microorganisms through process of osmosis	Microorganisms killed by the removal of moisture from their cells.
4. Smoking	Chemical preservative produced by the action of smoke and water	Microorganisms killed by the chemical preservative.
5. Preserving and jelly making	Same as salting	Same as salting.
6. Pickling	Acids and spices act as chemical preservatives	Microorganisms are killed by the acids and spices.
7. Cold Storage	Removal of heat	Action of microorganisms slowed through lack of heat needed for growth.
8. Fermentation	Production of lactic acid through action of lactic acid bacteria	Microorganisms killed by presence of sufficient amount of lactic acid.
9. Packing	Partial exclusion of air	Decay is not so rapid as the bacteria laden air is partially excluded. Surface of fruits and vegetables is kept dry so that mold does not grow and the fruits and vegetables do not lose moisture by evaporation, hence do not shrivel.

METHODS OF CANNING:

Open kettle
Cold pack
one period
intermittent

METHODS OF STERILIZATION FOR COLD PACK CANNING:

Water bath
Oven
Steamer
Pressure cooker
Fireless cooker

GENERAL DIRECTIONS FOR CANNING

Open kettle, See Freshman Bulletin p. 148 (a) "Stewing."

Cold pack, See Freshman Bulletin, p. 150 "Home Canning by the One Period Cold Pack Method."

GENERAL DIRECTIONS FOR THE USE OF THE VARIOUS PROCESSING EQUIPMENTS

Water Bath

1. Have large covered container such as wash boiler, tin pail, preserving kettle, etc.
2. Have perforated platform in bottom of boiler sufficiently high to permit the circulation of water under and around jars.
3. Have enough water in boiler to cover the tops of the jars by at least one inch.
4. As soon as jars are filled adjust rubbers and covers and place in boiler. The rubber should be placed on the jar then the cover screwed down tightly and turned back one-half turn.
5. When all the jars have been placed in the boiler, cover boiler tightly and process for the required length of time. Count time as soon as the water begins to boil vigorously.
6. Remove the jars from the water and tighten the covers as soon as the time is up.

"Liquid may be lost from the jars during the sterilizing period if the water in the canner does not cover the tops of the jars, if the covers of the jars are adjusted too loosely, or if the platform in the bottom of the canner does not permit the water to circulate underneath." Farmers' Bulletin 839.

Oven

1. Prepare cans the same as for canning in the water bath outfit.
2. Place cans in dripping pan with several sheets of paper in the bottom.
3. Place in oven and process for the required length of time at the required temperature.
 - 250 degrees F. for 1 hour for qt. jars of fruit or tomatoes, 40 min. for pt. jars.
 - 250 degrees F. for 2 hours for greens, asparagus, Brussel-sprouts, cabbage, squash, pumpkin and green peppers.
 - 250 degrees F. for 1 hour for cauliflower.
 - 250 degrees F. for 3 hours for corn, peas, lima beans.
 - 250 degrees F. for 1½ hours for root vegetables.
4. At end of cooking period remove from oven, seal and invert the same as in canning with water bath outfit.

Pressure Cooker

1. See that top of cooker and edge of cover are perfectly clean and dry and that safety valve is working properly.

2. Pack jars and adjust covers and rubbers as for canning in water bath outfit.
3. Place each jar in hot water or in the canner as soon as packed.
4. Have the water come to the platform in the pressure cooker but not above it.
5. When canner has been filled, fasten opposite clamps moderately tight, then tighten each pair of clamps fully until the canner is absolutely steam tight.
6. Start fire and allow pet cock to remain open until a straight stream of steam escapes from it. Then close it.
7. Force the pressure to the required point before counting time.
8. Maintain a uniform pressure during the sterilizing period. This may be done by turning down the flame or removing cooker to back of stove.
9. At end of cooking period remove from fire and allow to cool until the steam gauge registers zero before opening the pet cock. If the pressure is allowed to go so high that the steam blows off at the safety valve or if the pet cock is opened before the pressure is reduced to zero the liquid contents of the cans will be drawn out.
10. Remove the jars from the canner as soon as it is opened.
11. Tighten lid and invert jar as soon as taken from the canner.

Note: Liquid will be lost from the jars during the sterilizing period if steam leaks at the joint and around the fittings; if the pressure is allowed to fluctuate, as by running up to 12 pounds, down to 7 pounds, and back to 10 pounds; if steam is allowed to blow from the pet cock during or at the close of the sterilizing period; if a vacuum forms in the canner; or if the wire bails on the glass-top jars are so loose that they will not go in with a snap.

Fireless Cooker

1. Prepare cans the same as for canning in water bath outfit.
2. Place cans in fireless cooker container and surround with boiling water.
3. Cover container, place in fireless using one disk, and let stand until water is cold.
4. Remove and seal.

GENERAL DIRECTIONS FOR DRYING

1. Pick over food to be dried removing all inedible portions.
2. Wash thoroughly.
3. Place in single layers in dryer.
4. Turn occasionally during the first part of the drying period.
5. Dry until seventy-five per cent. of the moisture has been removed. Product should be soft and pliable, not brittle; but it should be so dry that moisture may not be squeezed from the freshly cut surface of the dried food.
6. Store in containers that will keep out dust, insects and moisture.

GENERAL DIRECTIONS FOR JELLY MAKING

See Freshman Bulletin p. 162.

GENERAL DIRECTIONS FOR PRESERVING

Preserving means cooking food in a sugar syrup dense enough to draw the water from the cells of the microorganisms thus protecting the food from the action of all microorganisms except mold. From one-half as much sugar as fruit by weight to equal weights are the proportions used. These preserves need not be sealed but must be covered with paraffine or paper wet in alcohol to protect from mold.

"Preserved fruit should be clear, tender and transparent. It should keep its form and plumpness and be crisp rather than tough or soft. When finished the cells of the fruit should be filled with the flavored syrup in place of the fruit juice." Successful Canning and Preserving,—Powell.

1. Pick over and wash fruit and cut in uniform pieces for serving.

2. Make a syrup of from 30 to 40 degrees density using either a Brix or Balling hydrometer. (Use $\frac{7}{8}$ c to $1\frac{3}{8}$ c sugar with one quart water.)

3. Cook the fruit in the syrup over a quick fire until the fruit is transparent, soft and plump. If the syrup is too heavy to start with the fruit will be shriveled and if cooked too slowly will be dull and dark instead of bright, clear and of good color. The fruit while cooking should be well covered with the syrup. If the syrup becomes too thick before the fruit is transparent, thin it with a little water.

4. Pour fruit into sterilized glasses as soon as finished, or allow the fruit to cool in the syrup, then remove from syrup to sterilized glasses, reheat the syrup and pour over the fruit in the glasses. Remove air bubbles with paddle or silver knife and when cold cover with paraffine. Allowing fruit to cool in the syrup will tend to plump it.

CANNED PLUMS

Nearly all varieties of plums are canned with skins. Wash fruit, and plunge into boiling water, if skins are to be removed. If they are left on, prick them to prevent bursting.

Put sugar and water into preserving kettle and bring to boiling point. Put some of the fruit into boiling syrup, cook five minutes, fill jars and seal. Put more fruit in syrup and proceed as before. In kettle, do not crowd fruit which is soft and loses its shape easily. For directions for syrup see Freshman Bulletin p. 152.

CANNED PEARS

Bartlett pears are best for canning. If fruit is ripe, it may be treated the same as peaches. If it is rather hard, it should be steamed or stewed until it is tender, then placed in a kettle and covered with syrup. Small bits of ginger root, or a few shavings of yellow part of lemon rind, or a few pieces of pineapple may be added to the syrup.

SMALL FRUITS AND BERRIES

For small fruits and berries follow general directions for cold pack canning, omitting the blanching when canning berries. For strawberries or raspberries the following method may be used and the berries will not rise to the top of the syrup.

Pick over and wash berries. Put in preserving kettle with 1 c sugar and 2 tb water to each qt. of berries. Boil slowly for 15 minutes. Let berries stand in kettle for several hours. Pack the cold berries in hot cans, adjust rubbers and covers and process for 20 minutes in hot water bath.

CANNED GREENS

Can greens the day they are picked. Wash clean, sort thoroughly, allowing no foreign weed leaves or other vegetable matter to remain. Rid the greens of all sand, dirt, and dry, decayed or diseased leaves. Place the greens in a crate or cheesecloth and blanch in live steam for 15 minutes. Remove the greens and plunge quickly into cold water. Cut into convenient lengths. Pack tightly in hot jars or in tin cans. Add hot water to fill container and season to taste. A few strips of bacon or chipped beef may be added. Adjust covers and rubbers, and sterilize for 120 minutes in water bath or 40 minutes under ten pounds pressure.

TOMATO SOUP

1 pk. ripe tomatoes	1 tb cinnamon in bag
1 green pepper	2 large onions
1 red pepper	3 stools of celery
$\frac{3}{4}$ c sugar	1 bay leaf
4 tb salt	4 qts. water
11 tb corn starch	3 tb butter

Boil all but sugar, salt, butter and cornstarch together until tomatoes are very soft. Strain, return to stove and add remaining ingredients. Boil 15 minutes, stirring constantly. Pour into sterilized cans and seal. This will make about twelve pints.

CANNED POULTRY AND GAME

Farmers' Bulletin No. 839

Kill fowl and draw at once. Wash carefully and cool, then cut into convenient pieces. Place in wire basket or cheesecloth and boil until meat can be removed from the bones. Remove from boiling liquid and remove meat from bones. Pack closely into jars, fill jars with pot liquid, after it has been concentrated one-half. Add 1 t salt for each quart of meat. Adjust covers and rubbers and process for 3 hours in water bath or for 1 hour under five pounds pressure. Any meat may be canned by this method if it is first cooked three-fourths done in any desired way.

PRESERVES AND CONSERVES

APPLE BUTTER

For apples average in sweetness, use one-half as much sugar as apple pulp. Add a bit of grated rind of orange, the juice of the orange and the juice of $\frac{1}{2}$ lemon if desired. For each cup of pulp add $\frac{1}{8}$ t cinnamon and just a speck of nutmeg. The orange and lemon may be omitted if strict economy is to be practiced and less sugar used.

GRAPE FUDGE

8 lbs. grapes	$\frac{1}{2}$ lb walnut meats
6 lbs. sugar	1 lb. raisins

Wash fruit and remove from stems, remove skins, cook pulp and put through colander to remove seeds. Chop skins, raisins, and add to sugar and pulp; cook until thick. Add nuts just before it is done. Put in sterilized jars.

PLUM CONSERVE

5 lbs. blue plums	Juice of three oranges
4 lbs. sugar	Rind of one orange
1 $\frac{1}{2}$ lbs. seeded raisins	Juice of two lemons

Pit plums, but do not peel. Dissolve sugar in fruit juice and add fruits. Cook slowly until of consistency of jelly. Store in glasses.

PICKLING

GENERAL DIRECTIONS

1. Always prepare in porcelain kettles and never use metal spoons.
2. Green vegetables require soaking in brine and thorough draining to remove strong flavor.
3. Spice carefully so that one flavor will not predominate.
4. Use the best cider vinegar. Do not boil vinegar more than necessary, as boiling weakens it.
5. Nasturtium seeds or a small piece of horse radish placed in each jar keeps the vinegar from molding.
6. For sweet pickles, the syrup should be rich enough to keep without sealing. Brown sugar makes a richer and better flavored syrup than white sugar.

GREEN CUCUMBER PICKLES

- 4 qts. small green cucumbers 2 tb salt
2 qts. boiling water

Wash and wipe cucumbers, put in stone jar and add brine made with salt and boiling water. Let stand three days. Drain cucumbers, bring brine to boiling point, pour it over cucumbers, and again let stand three days. Repeat, drain. Scald in following mixture:

- 1 gal. vinegar 2 tb allspice berries 2 tb whole cloves
4 red peppers (chopped) 2 sticks cinnamon
Pack in stone jar and cover with liquor.

SWEET PICKLED PEACHES

- 3 c vinegar $\frac{1}{4}$ c (scant) mixed whole spices
1 c water $\frac{1}{2}$ pk. peaches
 $2\frac{1}{2}$ to 5 c brown sugar

Scald and pare peaches. Make a syrup of sugar, water, vinegar, and spices; skim and boil 20 minutes. Cook peaches a few at a time in syrup until tender; put in jar, let stand 24 hours. Pour off vinegar, boil and pour over peaches, let stand 24 hours. Repeat next day. At the end of third time, cover with the syrup cooked down until thick.

WATER-MELON PICKLE

Water-melon rind should be cut in small pieces and soaked over night in brine; 1 tb salt to 1 qt. water. Drain and cook in boiling water until tender, or boil in brine until nearly tender, then rinse with water. Finish as peaches.

SWEET PICKLED CRAB APPLES

- 1 qt. diluted vinegar 1 t cloves
 $1\frac{1}{2}$ to 3 lbs. sugar 1 t whole cinnamon

Wash crab apples and remove blossom ends. Steam until tender. Make syrup of vinegar, sugar and spices. Cook in this syrup 10 minutes, store in jars, boil syrup down, and pour over fruit.

MUSTARD PICKLES

1 gal cider vinegar ½ oz. turmeric
¼ lb. ground mustard ½ oz. curry powder
3 tb corn starch ¾ t cayenne

Make a dressing of the above ingredients. Small cucumbers, or large ones cut in pieces, may be used. Soak over night in brine, using 1 c salt to 2 qts. of water. Small white onions, string beans and cauliflower may be used, but should be cooked in boiling salted water until tender. Put vegetables in jars in layers, and pour over them the boiling dressing. Reheat dressing the following day, and thicken if necessary.

OLIVE OIL PICKLES

4 qts. small cucumbers, sliced 1 pt. small white onions sliced
Let stand in weak brine over night. Drain, rinse in cold water and add:

1 oz. white mustard seed 1 c olive oil
1 oz. celery seed
Mix well, put in jars and add vinegar to cover.

CHOPPED PICKLE

1 gal. chopped green tomatoes 1 qt. chopped white onions
1 gal. chopped cabbage ½ c salt

Pack in layers in stone crock and leave for several hours. Allow to drain in cheesecloth bag over night. Add 1½ qts. water and 1 pt. vinegar and bring to boiling point. Drain. Then add:

2 large green peppers, chopped 3 gills white mustard seed
½ gill white pepper 2 tb ground cloves
3 stools celery 1 qt. vinegar
1 gill celery seed 1 lb. brown sugar

Mix well and boil ½ hour, stirring occasionally.

UNCOOKED TOMATO RELISH

1 pk. ripe tomatoes, cut in small pieces
3 c celery, sliced very fine 2 c onions, chopped fine
½ c salt sprinkled over onions and celery and allowed to drain two hours.

Tomatoes drained in bag meanwhile.

After draining, combine mixtures and add:

2 large red peppers, chopped 2 t cinnamon
3 c light brown sugar 1 t cloves
¾ c mustard seed 2 pts. cider vinegar

Mix all together, and can cold.

CORN RELISH

1½ doz. ears sweet corn 2 c sugar
½ cabbage 3 green peppers
4 onions ½ c salt
1 qt. vinegar 3 tb mustard

Cut corn from ear. Chop cabbage, onions, and peppers. Mix all ingredients together and boil one hour.

CHILI SAUCE

30 tomatoes	2 stools celery
8 large onions	5 tb salt
7 sweet green peppers	2½ c sugar
2 qts. vinegar	

Peel tomatoes and cut into pieces. Remove seeds from peppers. Chop onions, celery, and peppers. Combine all ingredients. Cook three hours or until thick. Add ground spices and more sugar if desired. Makes about 4½ quarts.

COLD CATSUP

½ pt. grated horseradish	½ c onions chopped
4 qts. ripe tomatoes, chopped (3 doz.)	2 green peppers,
1 pt. celery chopped (4 stools)	chopped
Drain several hours in cheesecloth bag; then add:	
4 tb white mustard seed	½ t mace
8 tb sugar	2 tb cinnamon
5 tb salt	1 bottle capers

PEPPERS

8 large sweet, green or red peppers. (Red are preferable.) Cut in strips with shears or leave in halves. Cover with boiling water for ten minutes. Remove, and put into ice water until cool. Pack in pint jars. Boil 1 pint of vinegar and one cup of sugar and pour boiling hot over peppers. Seal.

VEGETABLES

BOSTON BAKED BEANS

4 c dried navy beans	1 tb salt
½ lb. salt pork	4 tb molasses or sugar
1 heaping t mustard	1 onion if desired

Soak the beans in cold water (soft water preferred) over night. In the morning wash and rinse thoroughly, then parboil until skins will burst when cooled. Change water when parboiling, always using boiling water to re-cover them. When parboiled, drain and put one-half of the beans in the bottom of a bean pot. Add the seasoning to one cup of water and pour over the beans.

Score pork and place on top of beans, cover with the remaining beans and then cover the whole with boiling water.

Put the lid on the bean pot and bake in a slow oven or fireless cooker for eight hours. Uncover the last hour of cooking.

Note: A slice of the pork and a sliced onion may be placed in the bottom of the bean pot.

Baked lentils or baked dried peas may be prepared in the same way by substituting dried lentils or peas for the beans.

NEW YORK BAKED BEANS

4 c dried navy beans	½ lb. salt pork
1 tb salt	

Soak the beans in cold water (soft water preferred) over night. In the morning drain, wash and rinse the beans thoroughly then parboil them until they are soft enough to pierce. Change water several times while parboiling. Put one-half of the beans in an open crock or basin. Place the pork, which has been scored, on top of the beans with the skin side up. Cover with the remaining beans, then with boiling water to which the salt has been added. Bake for several hours or until the beans are very soft. Renew the water as often as needed but the water should be nearly all absorbed when the beans are done.

LENTILS, SPANISH STYLE

1 c lentils	2 c tomatoes
3 pimientos	1 onion
4 tb butter	salt and pepper

Wash lentils, cover with cold water, and soak over night. Drain, cook as other dried legumes. When tender, melt butter, add the onion and pimientos chopped fine. Add tomatoes, canned or raw, and salt and pepper to taste. Drain lentils and add them. Cook for half an hour without cover.

SPANISH RICE

3 c boiled rice	2/3 c grated cheese
1/3 can tomatoes	¼ c oleo melted and mixed with
1 c milk	rice, salt and pepper

Add cut sweet peppers if desired. Mix all together. Put in oiled pan with buttered crumbs on top. Bake 30-40 minutes.

FRANCONIA POTATOES

Prepare potatoes for boiling and parboil ten minutes; drain, and place in pan in which meat is roasting; bake until soft, basting with fat in pan when basting meat. Time required for basting **about forty minutes**. Sweet potatoes may be prepared in the same way.

BAKED STUFFED POTATOES

Select medium sized potatoes. Wash and bake them until soft when pressed in towel. Cut slice from flat side, remove pulp and mash thoroughly. Prepare as for mashed potatoes. Refill skins and bake in very hot oven 5 to 8 minutes. Whites of eggs beaten stiffly may be folded into mashed potato if desired. Grated cheese may be sprinkled over top of potatoes before final browning.

DUCHESS POTATOES

2 c hot riced potatoes ½ t salt
2 tb butter 2 egg yolks

Mix all together, beat well and if not moist enough add a small amount of cream. Shape in form of roses, baskets, pyramids, etc., using a pastry bag. Brush over with beaten egg diluted with water and brown in hot oven.

POTATOES SCALLOPED WITH EGGS

1 c cold boiled potatoes, sliced thin 1 c white sauce
2 hard cooked eggs, sliced

Put layer of potatoes in greased dish, then one of eggs, then white sauce. Repeat until dish is full. Cover with buttered crumbs and bake 15 minutes. Add grated cheese to crumbs, if desired. Other vegetables may be prepared in the same manner.

SWEET POTATO PUFF OR SOUFFLE

1 c potatoes ¼ c milk or cream
1 tb fat 1 egg

Press boiled potatoes through a ricer, or mash thoroughly. For each cup add above ingredients. Season with salt and pepper. Beat thoroughly. Beat egg yolk and white separately, folding in white last. Bake in dish or individual molds long enough to cook egg. Serve at once.

SQUASH (WINTER) — SERVED IN SHELL

Saw off top of small Hubbard squash, remove seeds and stringy portion, place in pan and steam or bake about two hours, until tender. Carefully remove pulp from shell, keeping large shell whole; pass pulp through ricer, season with salt, pepper, and butter, and some cream. If desired, a little sugar or molasses may also be added, then return to shell. Smooth surface to a dome shape and score with knife, brush over with milk and egg, add specks of butter, then place in oven a few minutes to reheat and brown. Serve on a folded napkin on individual plates, or on chop plate. Part of a second squash is needed to make a full shell.

A large Hubbard squash may be cut in pieces of suitable size for

serving and steamed or baked in shell. Sprinkle each piece with sugar the last ten minutes of baking and dot with butter before serving.

SQUASH PEARS

2 c mashed squash 1 t salt
½ c soft bread crumbs 1 tb fat melted

Mix ingredients, shape like pears, glaze with white of egg and milk, bake on greased tin. Cloves may be used to simulate stem and blossom ends.

CARROTS SCALLOPED WITH CHEESE

2 c cooked carrots ½ c to 1 c grated cheese
1 c medium white sauce ¾ c buttered crumbs

Cut carrots in cubes or slices. Arrange first three ingredients in layers in buttered baking dish. Cover with buttered crumbs. Bake in moderate oven until crumbs are brown and cheese is melted.

TURNIP SHELLS OR CUPS

Pare and remove center of small turnips, leaving a cup one-half inch in thickness. Boil in salted water until tender. Remove and drain upside down on a clean cloth, or cook turnip whole and remove center. May be used as cases for creamed or buttered peas, carrots, beets, or any suitable vegetable or meat. Centers may be cooked and served as mashed turnip or may be used in vegetable soup. Large carrots may be prepared in the same manner.

BRUSSELS SPROUTS

1 qt. sprouts 2 qts. water
¼ c butter 1 t chopped parsley

Remove outside leaves and soak sprouts in salted water for thirty minutes to remove insects. Boil in salted water until tender, about 15 minutes. Let drain on cloth, then toss in frying pan with butter until butter is absorbed. Sprinkle with parsley, and a dash of salt. Arrange in mound on serving dish. Surround with points of toasted or fried bread.

STUFFED CABBAGE No. 1

1 medium sized cabbage ½ c milk
1 lb. beef 1 egg
1 slice bacon or salt pork seasoning
1 onion 1 green pepper
½ c bread crumbs

Select solid cabbage, not too large, remove outside leaves, cut out stalk end, leaving a hollow shell. Chop uncooked beef, with bacon and onion. Add bread crumbs soaked in milk, beaten egg, salt, and pepper. Shape mixture into balls or cakes, arrange in cabbage. Arrange strips of sweet peppers on top of cabbage, tie in cheese cloth, then steam, or boil until tender. Serve with tomato sauce.

STUFFED CABBAGE No. II

1 medium sized cabbage	4 eggs
2 slices bacon or salt pork	1 onion
½ c bread crumbs	salt and pepper

Remove outside leaves, reserving five or six nice ones to cover the outside of the mixture. Chop the remainder of the cabbage rather fine. Cut bacon in small pieces and cook until brown and slightly crisp. Add chopped cabbage, slightly beaten eggs, crumbs and seasoning to the bacon fat and cook for ten minutes. Place this mixture inside the reserved cabbage leaves, tie in cheese cloth and boil ten minutes in a kettle of water to which has been added salt, onion, and one small red pepper if desired. Turn onto a platter and pour over the cabbage Hollandaise or egg sauce.

CABBAGE a la HOLLANDAISE

1 small head cabbage	3 tb flour
2 c milk	1 egg yolk
4 tb butter	1 t lemon juice
2/3 t salt	¼ t white pepper

Remove outside leaves from the cabbage. Cut cabbage in sections the right size for serving. Tie each piece in cheese cloth and cook in boiling salted water for twenty minutes. Remove from cheese cloth carefully so as to keep it in shape, place each piece on a slice of toast and pour over it the mock Hollandaise sauce made from the remaining ingredients. Mock Hollandaise is a medium white sauce to which has been added beaten egg yolk and lemon juice.

Cauliflower or asparagus may be used instead of the cabbage.

SCALLOPED CAULIFLOWER

Mix cooked cauliflower with half as much white sauce, season, put in dish, sprinkle with buttered crumbs until hot and brown. Grated cheese may be added to the white sauce or sprinkled between layers of the cauliflower and white sauce. Peppers may also be used for flavor. Celery or any other vegetable may be prepared in the same manner.

KOHL RABI

Wash, trim off the leaves and pare. Cut in slices or cubes, and boil in uncovered kettle. Mash and season with butter, salt and pepper or add one-half the quantity of white sauce to the cubed kohl rabi for creamed kohl rabi.

ONION SOUFFLE

1 c thin white sauce	1 t chopped parsley
½ c stale bread crumbs	1 c boiled onions
from center of loaf	2 eggs

To the hot white sauce add the crumbs, beaten egg yolks and the cooked onions chopped fine. Beat egg whites very stiff and when first mixture is cooled fold in the beaten egg whites. Bake in a buttered pudding dish for fifteen minutes in a moderate oven. Serve at once with or without a cream sauce.

PARSNIP PATTIES

Scrub, boil until tender, cut in two, put into cold water, remove skins and mash. Season with salt, pepper and fat. Flour hands and make mixture into small cakes. Dip cakes in flour and saute in pork fat until brown. The parsnips may be sauteed after parboiling without mashing.

PEA TIMBALES

1 c pea pulp	1 tb melted fat
2 eggs, beaten	2/3 t salt
onion juice	1/8 t pepper
2 tb white sauce or cream	

Cook peas, drain and rub through sieve. For each cup pea pulp add the remaining ingredients. Turn into buttered molds and bake in a pan of hot water until firm. Serve with 1 c white sauce to which is added 1/3 c peas and carrots, cut in fancy shapes; add parsley. Egg may be separated, and white folded in last.

STUFFED PEPPERS

6 green peppers	1 t fat
2 c chopped cooked ham	1/8 t pepper
1 large onion	1/2 c bread crumbs
1 t salt	

Select broad, low peppers that will stand on end and are easy to serve. Cut slice from end of each pepper. Cut pepper in two, if large. Remove seeds and parboil 15 minutes. Stuff with bread crumbs mixed with other ingredients. Bake slowly 15 minutes, basting frequently.

Creamed chicken or veal, any creamed meat with peas, tomatoes, and corn, tomatoes thickened with crumbs, tomatoes and rice, all make suitable combinations for filling peppers.

GLAZED ONIONS

Use small onions. Cook in boiling water 15-20 minutes; drain. Put into greased baking dish, sprinkle with brown sugar, and add enough water to give moisture while baking. Brown meat stock may be used. Bake until tender, basting frequently.

After onions have been parboiled they may be sauteed until brown in 3 tb butter and 2 tb brown sugar instead of baking in oven. An asbestos mat should be used under the sauce pan the last of the cooking.

STUFFED TOMATOES

6 tomatoes	1 1/2 t fat
6 tb bread crumbs	seasoning
6 t chopped celery	

Select medium tomatoes, wash, cut a thin slice from the top of each, and remove pulp and liquid. Place pulp in sauce pan with bread crumbs, celery, fat, and a speck of salt and pepper for each tomato. Fill tomato shells with this mixture and bake 10 minutes. Cover with buttered crumbs.

Other ingredients may be used for filling, such as boiled rice or macaroni, or chopped left-over meat may be added. Cheese also may be mixed with the filling.

CORN a la SOUTHERN

- | | |
|--------------------|------------------------|
| 1 can corn | 1 medium green pepper |
| 1 or 2 eggs | 1 t salt |
| 2 tb melted butter | $\frac{1}{8}$ t pepper |
| 1 pt. scalded milk | |

Chop pepper, mix ingredients in order given, pour into buttered pudding dish, and bake as for firm custard.

Fresh corn cut from the cob may be used in the same manner.

CORN CHOWDER

Make the same as fish chowder substituting 1 can corn for the fish.

EGGPLANT SAUTEED

Pare an eggplant, cut in thin slices, sprinkle with salt and pile on a plate. Cover with weight to extract the juice and let stand for one and a half hours, or soak in brine for same time. Dredge with flour, and saute slowly until crisp and brown, or dip in egg and crumbs and saute.

SCALLOPED EGGPLANT

- | | |
|---------------------|--------------------------|
| 1 eggplant | $\frac{1}{2}$ c crumbs |
| $\frac{1}{2}$ onion | $\frac{3}{4}$ tb parsley |
| 3 tb fat | |

Pare and cut in two-thirds inch cubes. Cook in small quantity of boiling water until tender, drain. Cook half an onion, finely chopped, in 2 tb fat until yellow, add three-fourths tb finely chopped parsley, and the eggplant. Turn into buttered baking dish, cover with buttered crumbs, and bake until brown.

STUFFED EGGPLANT

- | | |
|------------|------------------------|
| 1 eggplant | $\frac{1}{2}$ tb onion |
| 1 c crumbs | 1 egg |
| 2 tb fat | seasoning |

Cook eggplant 15 minutes in enough boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too close to skin. Chop pulp, add soft stale bread crumbs. Melt fat, add finely chopped onion, and cook five minutes. Add to chopped pulp and bread, season with pepper and salt, and, if necessary, moisten with a little water. Cook five minutes, cool slightly, and add one beaten egg. Refill shell with mixture and bake 25 minutes in a hot oven.

As with tomatoes, cooked rice or macaroni may be substituted for crumbs. Chopped meat may be added.

FRIED CELERY WITH TOMATO SAUCE

Wash and scrape celery, cut in three inch pieces, dip in batter, fry in deep fat, and drain on brown paper. Serve with tomato sauce.

Batter: mix $\frac{1}{2}$ c bread flour, $\frac{1}{4}$ t salt, a few grains pepper, $\frac{1}{3}$ c milk and one egg well beaten.

BOILED SPINACH

Remove roots, carefully pick over and wash in several waters to be sure that it is free from all sand. Put in a sauce pan, allow to heat gradually, and boil twenty-five minutes, or until tender, in its own juices. Drain thoroughly, chop finely, reheat and season with butter, salt and pepper. Mound on a serving dish and garnish with slices of hard cooked egg and toast points.

PUREE OF SPINACH

Wash, pick over, and cook one-half peck spinach. Drain, chop finely, and rub through a sieve. Reheat, add 3 tb butter, 1 tb flour, and $\frac{1}{2}$ c cream. Arrange on serving dish and garnish with yolk and white of hard cooked egg and fried or toasted bread cut in fancy shapes.

CURRIED VEGETABLES

Cook one cup each of potatoes and carrots, and one-half cup turnip, cut in fancy shapes, in boiling salted water until soft. Drain, add one-half cup canned peas, and pour over a sauce made by cooking 2 tb butter with 2 slices onions five minutes, removing onion, adding 2 tb flour, $\frac{3}{4}$ t salt, $\frac{1}{2}$ t curry powder, $\frac{1}{4}$ t pepper, and 1 c milk. Sprinkle with chopped parsley.

MEATS

BEEF

BEEF RIB ROAST

Rolling

Only the first 5 ribs of forequarter are suitable for roasting. Usually the roast is rolled by the butcher. If not, cut meat from ribs beginning near the backbone and working down to end of rib bones. If desired, the tough portion below the "eye" may be cut out leaving the outside layer of fat. Tie the fat about the "eye" securely, passing cord around several times, or fasten with skewers.

Roasting

Weigh roast, wipe with damp cloth. Rub meat with salt and dredge with flour. Place in roaster on cut surface if rolled roast is used. If it is a standing rib roast, place in pan with fat side up. Sear in hot oven, then reduce heat and continue roasting at moderate temperature. Allow 12 to 15 minutes per pound for a rare roast or 15 to 20 minutes per pound for well done, plus 15 minutes extra in each case. If open roaster is used baste often with drippings in pan, a little water may be added. When using a covered roaster, basting is unnecessary.

YORKSHIRE PUDDING

1 c flour

1 c milk

$\frac{1}{2}$ t salt

2 eggs

Put flour, salt, milk and eggs together in a bowl. Beat well with a Dover egg beater. Pour into a shallow tin that is well greased with drippings. Bake for one-half hour in a hot oven then place the pudding under the trivet that holds the roast beef and leave it for about fifteen minutes to catch the gravy that flows from the roast. If a trivet is not used, cut the pudding into squares and lay around the roast in the pan. Serve the pudding with the roast.

BEEF FILLET (BAKED WHOLE) FILLET MIGNON

Wipe with damp cloth, remove fat, veins and tendinous portions. Fold and skewer into compact shape, folding thin end under. Lard, dredge with flour and seasonings and bake on slices of fat salt pork. Baste frequently. Bacon may be rolled around fillet before baking. Serve with mushroom sauce or brown gravy.

BROILED FILLET

Cut crosswise slices one inch thick. Broil. Serve with sauteed mushrooms or with mushroom sauce.

BEEF AND SAUSAGES

1 lb. thinly cut beef

$\frac{1}{2}$ lb. sausages

4 tb fat

1 tb chopped parsley

stuffing

salt and pepper

Cut meat into pieces about 4 inches by 2 inches. Roll each piece in seasoned flour, place small piece of stuffing on each and

roll into a neat roll fastening with cord or toothpicks. Prick and separate the sausage links. Place beef rolls and sausage in three layers in a casserole with the beef rolls in the center layer. Sprinkle in remaining flour and chopped parsley and add water to cover. Cover casserole closely and bake slowly for two and one-half hours.

STUFFING

2 tb fat	$\frac{1}{2}$ t pepper
1 chopped onion	$\frac{1}{2}$ t pepper
1 c crumbs	$\frac{1}{2}$ t thyme
1 c stock or water	1 tb chopped parsley
1 t salt	$\frac{1}{2}$ c chopped celery

Put fat into a sauce pan and fry onion in it. Add crumbs, stock and seasoning. Stir until it leaves the side of the pan.

SWISS STEAK

Select a slice of round steak, cut about two inches thick. Pound into the steak on both sides as much flour as it will take up (nearly one cupful.) Brown the meat on both sides in hot fat. A sliced onion may be added to the fat. Add enough boiling water or tomato juice to partly cover and let simmer two hours closely covered. Chopped green peppers simmered with the meat add to the flavor. The sauce around the meat should be thick and brown when the meat is done. Swiss steak may be cooked on top of the stove in a heavy iron frying pan or it may be cooked in a casserole in the oven in which case it would said be braised.

Note: A steak from the top of the round is preferable for this dish. For a small family, half the slice will suffice for two meals. A full slice from heavy beef will weigh four or five pounds. The pounding of the steak is to break the fibers of the meat, the flour will then take up the loosened juices which would otherwise be lost.

CANNELON OF BEEF

2 lbs. lean beef	$\frac{1}{4}$ t mace
$\frac{1}{4}$ lb. salt pork	1 egg beaten
1 tb chopped parsley	$\frac{1}{3}$ c soft bread crumbs
1 t onion juice	$\frac{1}{4}$ t pepper

Chop meat and add remaining ingredients. Mix thoroughly and shape in roll or press into oblong bread pan. Bake 30 to 40 minutes in moderate oven. Baste with hot water and fat or bake covered with sliced tomatoes or whole canned tomatoes. Serve with tomato or mushroom sauce.

CORNERED BEEF

Wipe meat and tie securely in shape, if this has not been done at the market. Put in kettle, cover with cold water and bring slowly to the boiling point. Boil five minutes, remove scum and cook at a low temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover and place a weight on cover that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

NEW ENGLAND BOILED DINNER

4 lbs. corned beef	2 turnips or
6 small beets	1 small rutabaga
1 small cabbage	6 potatoes
4 carrots	

Prepare and cook the meat the same as for pressed corn beef. When tender, remove meat and skim off all of the fat from the liquor. Prepare the vegetables for boiling. Cut cabbage in fourths, the carrots in halves and the rutabaga in thick slices, leaving the potatoes whole. Cook all but the beets in the meat liquor. Add boiling water as needed so that the vegetables may not become too salty. The carrots and turnips will take the longest to cook, about 30 to 60 minutes depending upon the age of the vegetables. The cabbage and potatoes will take about thirty minutes. The beets should be cooked separately for 60 to 90 minutes. When vegetables are done, place meat in center of platter and arrange vegetables attractively around it. The beets should be pickled for 30 minutes in a hot, sweet vinegar. Horseradish and mustard are served with the meat.

LAMB

CROWN ROAST OF LAMB OR MUTTON

Select the full loin, or better still, 5 or 6 ribs from both sides of a rack of lamb or mutton, selecting ribs on one side that correspond to those on the other side. Cut ribs apart at backbone, but separate chops no farther. Remove outer pink skin. Trim the bones as for French chops, removing the trimmings to make the meat on the chops of uniform height; or leave the trimmings on each side in one piece and roll this over and over backward. When the ends of the loins are joined with bones on outside, a circle or crown of meat is formed. If necessary, trim the bones to make all the same length. Cover the ends of the ribs securely with cubes of salt pork. Press a cup into the center of the circle of meat to keep it in shape. Roast 12-15 minutes to the pound for mutton, longer for lamb.

In serving, fill center with green peas; curried rice; blanched chestnuts, cooked tender in stock and glazed; carrot balls; sara-toga or French fried potatoes; or chestnut puree.

CHESTNUT PUREE

Boil chestnuts for 5 minutes, drain off water and remove shells and skins. Then cook in boiling salted water until soft, drain, mash, moisten with scalded milk, season with salt and pepper and beat until light. Fill center of crown with puree.

FRENCH LAMB CHOPS

Butterick Cook-Book

French chops are made by scraping the meat and fat from the bones of rib chops for a little distance from the end. Broil them over a quick fire, season with salt, pepper, butter, or butter substitute, and serve at once. Serve with mint sauce or tart jelly. The ends of the bones may be covered with paper frills before the chops are served.

BONED LEG OF MUTTON

Remove outer pink skin. Cut ligaments loose, skin, push flesh back from bone with knife till bone gradually comes out. Wipe meat with wet cloth. Sprinkle inside with salt and pepper. Fill cavity with any dressing desired. Sew up. Dredge with flour. Place on a slice of salt pork in a pan. Sear in hot oven. Reduce heat and bake, allowing 18 minutes to the pound.

BRAISED LEG OF MUTTON

Butterick Cook-Book

1 leg mutton	½ dozen cloves
2 tb butter or drippings	1 clove garlic
½ c each celery, carrots and onion, finely chopped	2 tb chopped parsley
3 c vinegar	1 dozen peppercorns
½ t each of powdered thyme and marjoram	½ bay-leaf
3 c water	salt
	1 pint sour cream
	½ pint stock

Saute the celery, carrots and onions in the fat until light brown, add the vinegar and water, and cook until the vegetables are soft. When this mixture is cool pour over the leg of mutton, which should be carefully covered and which for this reason, should be in a dish just large enough to hold it. Add seasonings. Allow the mutton to lie in this mixture for twenty-four hours. Upon removing it, drain quite dry and bake in a moderate oven for thirty minutes. Then pour the sour cream and stock around it and cook until tender, basting frequently. Reduce the liquor in which the meat was soaked to a small amount, strain it and pour over the meat.

PORK

CROWN ROAST OF PORK

Select same cut as for crown of lamb. Prepare in same manner. Rub with salt and dredge with flour. Bake in a slow oven 2 or 3 hours, basting often. Center may be filled with sauted apples, glazed onions or chestnut puree.

SAUTEED APPLES

Remove center of apple with apple corer, cut apples in ¼ inch slices, leaving skin and ring of pulp. Saute in drippings, being careful to preserve shape. Place around meat on platter. Quarters of red apples with skin left on may be sauteed and used in the same manner for garnish.

PORK TENDERLOIN WITH SWEET POTATOES

Boston Cooking-School Cook Book

Wipe tenderloins, put in a dripping pan, and brown quickly in a hot oven; then sprinkle with salt and pepper, and bake forty-five minutes basting every fifteen minutes.

Sweet Potatoes: Pare six potatoes and parboil ten minutes, drain, put in pan with meat, and cook until soft, basting when basting meat.

Note: Sweet or sour cream may be poured around the tenderloins while they are baking.

FRENCH TENDERLOIN

Wipe tenderloins and cut in two inch lengths. Place each piece on end and mash flat with cleaver or mallet. Panbroil and serve with mushroom sauce or dip in crumbs, egg and crumbs and saute in butter. Serve with cream gravy.

HAM EN CASSEROLE

Boston Cooking-School Cook Book

Wipe a slice of ham, cut two inches thick and remove the outside edge of fat. Put in casserole and pile on top of the ham, one and one-half cups potatoes thinly sliced. Pour over two cups of milk, cover and cook slowly from one and one-half to two hours.

HAM WITH PINEAPPLE

Select slice of ham cut one and one-half to two inches thick. Place in casserole, cover with juice of one large can of sliced pineapple. (Juice may be diluted with water to make enough to almost cover the ham.) Bake, covered, in a moderate oven until tender, from one and one-half to two hours. Add slices of pineapple ten minutes before removing from the oven. Serve ham on platter garnished with slices of pineapple. Note: The syrup from sweet pickled peaches, pears or apples may be used instead of pineapple juice.

HAM, BOILED

Weigh ham, scrape and scrub thoroughly with a brush. Let soak over night in sufficient cold water to cover. Trim off hard skin near bone, place in closely covered kettle, cover with cold water, bring to boiling point, and let boil a few minutes. Then let simmer for 25 minutes to the pound. As water boils down, replenish with boiling water. When tender, set aside to partially cool in the liquid, then remove outside skin, brush over with beaten egg diluted with water. Sprinkle with brown sugar and fine cracker crumbs, stick with cloves one-half inch apart, and bake in slow oven till brown. Mustard may be mixed with sugar if desired, and cloves may be omitted. A thick slice of ham may be prepared in the same manner.

Horseradish sauce is a palatable addition.

If the ham is unusually smoky, the skin and outside layer of the meat may be trimmed off before cooking, being very careful to remove only a very thin layer of the meat.

VEAL

VEAL BIRDS

Select pieces of thin veal steak three inches by five inches in size. Pound slightly, spread with stuffing. Shape into rolls and tie or pin with a tooth pick. Dredge with flour and brown well in hot fat. Add enough brown stock, water or milk to prevent burning and simmer until tender. Thicken gravy and pour over birds.

Veal birds may be baked in casserole instead of on top of stove. Bread stuffing, oyster stuffing, or chopped trimmings of veal

and salt pork seasoned may be used. A slice of bacon or salt pork may be wrapped around each bird.

STUFFED BREAST OF VEAL

New Butterick Cook Book

4 lbs. breast of veal	1 t sweet marjoram
1 c bread crumbs	1 t thyme
2 slices fat salt pork	1 t salt
$\frac{1}{4}$ t pepper	

Wipe meat with damp cloth, then make incision between ribs and meat to form pocket. Fill pocket with stuffing made from bread crumbs, pork and seasoning. Dredge meat with salt, pepper and flour, and place in pan with some fat. Roast, allowing 20 to 30 minutes for each pound of veal. Baste every twenty minutes if you do not use double roaster.

VEAL LOAF

Boston Cooking-School Cook Book

Wipe three pounds lean veal, and remove skin and membrane. Chop finely or force through meat chopper. Add one-half pound fat salt pork, finely chopped, six crackers, rolled, four tablespoons cream, two tablespoons lemon juice, one tablespoon salt, one-half teaspoon pepper and a few drops onion juice. Pack in a small bread pan, smooth evenly on top, and bake slowly three hours, basting with one-fourth cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool in pan. The mixture may be formed into a loaf with the hands and rolled in crumbs instead of being pressed into a bread pan. It is then baked in a pan large enough to allow for basting with the fat that accumulates in the bottom of the pan.

HUNGARIAN GOULASH

1 lb. lean veal or mutton	1 large onion
$\frac{1}{2}$ lb. lean beef	3 c boiling water
3 tb fat	1 t paprika
12 potato balls or cubes	1 bay leaf
6 small white onions	1 clove
6 carrot balls or cubes	4 tb flour
6 turnip balls or cubes	1 c cold water
1 t salt	1 chopped green pepper

Slice onion and brown it in fat. Remove onion and put in veal and beef cut into small pieces. Brown these thoroughly, and remove meat and place it in casserole. Add paprika and boiling water. Cover the dish and place it in oven.

Fry potato, carrot, turnip balls, and onion. Add them to meat after it has simmered for one and a half hours. After vegetables are added, add salt, bay leaf, clove, and flour mixed with cold water. Pour this into casserole and stir until mixture is slightly thickened. Add pepper mixed with a cupful of boiling water. Cover and simmer for another hour and a half. Serve from casserole.

Fireless cooker may be used in place of casserole in oven. All beef may be used.

SAVORY DISHES FROM INTERNAL ORGANS

BRAINS

To prepare: Soak in cold water for one hour. Remove membrane, tie in cheese cloth and cook for twenty minutes in boiling water to which salt and vinegar have been added. When cooked plunge into cold water for a few minutes to harden.

BRAINS SCRAMBLED WITH EGGS

Cut cooked calf's brains in cubes, add to well beaten eggs mixed with milk, salt and pepper. Allow two eggs, 2 tb milk to each cup of brains. Cook same as scrambled eggs in 1 tb butter. Stock or strained tomato may be used in place of milk.

BREADED CALVES' BRAINS

Divide two pairs of cooked calves' brains into six portions. Season generously with salt and pepper. Dip in flour then into beaten egg which has been seasoned with salt and pepper and then into fine bread crumbs. Place in frying basket and fry in deep fat for two minutes. Garnish with lemon and serve with mushroom sauce.

CALF'S HEART

Wash a calf's heart, remove veins, arteries, and clotted blood. Stuff and sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small, deep baking pan, half cover it with boiling water, cover closely and bake slowly two hours, basting every fifteen minutes. It may be necessary to add more water. Remove heart from pan, and thicken the liquor with flour diluted with small quantity of cold water; season with salt and pepper, and pour around the heart before serving.

KIDNEY RAGOUT

Boston Cooking-School Cook Book

Soak lambs' kidneys one hour in luke warm water. Drain, clean and cut in slices, season with salt and pepper, dredge with flour, and saute in butter. Fry one sliced onion and one-half shallot, finely chopped, in three tablespoons butter until yellow; add three tablespoons flour and one and one-fourth cups brown stock. Cook five minutes, strain and add one-half cup mushroom caps peeled and cut in quarters; season with salt and pepper, add kidneys, and serve as soon as heated.

KIDNEY ROLLS

Boston Cooking-School Cook Book

Mix one-half cup stale bread crumbs, one-half small onion, finely chopped, and one-half tablespoon finely chopped parsley. Season with salt and pepper and moisten with beaten egg. Spread mixture on thin slices of bacon, fasten around pieces of lambs' kidney that have been soaked, cleaned and sliced. Fasten bacon with wooden toothpicks and bake rolls in a hot oven twenty minutes.

CALF'S LIVER AND BACON

Cut calf's liver in slices one-half inch thick. Cover with boiling water and let stand five to ten minutes. Drain, wipe dry and remove the outside membrane. Pan broil thin slices of bacon. Roll slices of liver in seasoned flour and saute in the bacon fat. Serve on hot platter garnished with the crisp bacon either with or without cream gravy.

CALF'S LIVER LOAF

Practical Cooking and Serving—Hill

Remove the skin from two pounds calf's liver and cut the liver into slices. Cook in boiling, salted water five minutes, then drain and chop fine. Add one teaspoonful of onion juice, half a cup of fine bread crumbs that have been soaked in cold water then wrung dry in cloth, a scant teaspoonful of salt, half a teaspoonful of poultry seasoning, two eggs well beaten and the juice of half a lemon. Mix thoroughly. Line a bread pan with slices of bacon or salt pork. Press the mixture tightly into the pan, cover with bacon and steam or bake for two hours. Turn from the mold and serve with tomato sauce. If it is to be served cold leave in pan until ready to slice.

SWEETBREADS

To prepare: Soak in cold water 1 hour. Remove tubes and membranes. Throw into boiling, salted, acidulated water. Cook gently 15-20 minutes or until tender. Plunge into cold water to harden and whiten. Remove at once and drain.

Sweetbreads may be creamed by separating meat into pieces, then adding white sauce. Serve on slice of toast or in patties.

BREADED AND BAKED SWEETBREADS

Choice Recipes for Clever Cooks—Allen

Shape parboiled sweetbreads while warm into round cushions by tying in squares of cheesecloth. Put into icebox until well chilled. Then untie them and marinate in a mixture of 1 beaten egg, 1 teaspoonful of onion juice, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{4}$ teaspoonful of pepper. Turn them occasionally. Roll in sifted soft bread crumbs, place each sweetbread on a very thin slice of fat salt pork in a baking pan. Place a similar slice over the top of each and bake in a hot oven until brown. Pour mushroom sauce on platter and place sweetbreads on it. Put a sprig of cress with a fancy cut of cooked carrot in the top of each sweetbread.

BRAISED SWEETBREADS

Choice Recipes for Clever Cooks—Allen

Parboil sweetbreads with bayleaf, onion, salt and lemon juice. Chill, then saute in 2 tablespoons of butter to one vegex (vegetable extract.) Stir constantly and cook until a nice golden brown, about fifteen minutes. Serve with a rich brown sauce.

BAKED TONGUE

Put tongue in kettle, cover with boiling water, and cook slowly till tender. Salt when partly cooked. Remove skin and roots. Cut in slanting slices, crosswise. Place in deep pan, with $\frac{1}{3}$ c

each carrot, onion, and celery, cut in dice; add a little parsley, then pour over 4 c sauce, cover closely and bake 2 hours, turning after the first hour. Serve on platter. Note: If salted tongue is used, parboiling may be necessary.

SAUCE FOR TONGUE

4 tb flour

4 c water, in which tongue was
boiled

Brown flour in fat. Season with salt and pepper. May use

1 ½ c tomato in place of part water.

BRAISED TONGUE WITH ASPIC

New Butterick Cook Book

1 beef tongue

1 blade mace

2 onions

1 bunch thyme

1 stalk celery

1 bunch parsley

4 cloves

1 box gelatin

salt and pepper

1 c cold water

1 t sugar

Wash and scrub the tongue well in salt water and boil it until tender. Remove the skin and place the tongue in a stew pan with onion, celery, clove, salt and pepper. Cover it with liquor in which it was boiled and add sugar, mace, thyme and parsley. Simmer gently for two hours. Take out tongue. Add gelatin soaked in cold water to the liquor, boil for two minutes, stirring constantly, strain and pour over the tongue. Serve cold.

BROILED TRIPE

Practical Cooking and Serving—Hill

Simmer a pound of pickled tripe (the honeycomb tripe is best) two or three hours or until tender, in sufficient water and milk to cover. Drain, wipe dry, and cut in pieces for serving. Dip each piece in melted butter or oil, season with salt and pepper, and broil over a clear fire until well colored. Serve with tomato or Tartar sauce.

CURRIED TRIPE

Practical Cooking and Serving—Hill

Brown an onion cut into rings, in one-fourth cup butter; to this add one pound of tripe which has been simmered for two hours in milk and water and cut into small pieces. To the tripe, butter and onion add enough broth to nearly cover and simmer until very tender. Mix 1 tablespoonful of flour with one tablespoonful of curry powder; dilute with half a cup of cream and, when smooth stir into the tripe and cook about ten minutes, stirring often. Turn on to a hot dish and garnish with croutons of fried bread.

POULTRY

TO BONE

In this process the skin with the flesh attached is to be separated intact from the bones which support it; the fingers and the back of a sharp pointed knife are most serviceable in pushing and scraping the flesh from the bones and the sharp edge of the knife when cutting is desirable. Singe, remove the pin-feathers, tendons, and lastly, the feet; wipe carefully, but do not draw the bird, as a firm foundation upon which to work is desirable.

Loosen the skin around the end of the leg-bone, and cut through the skin on the back from the neck to about the middle of the back. Beginning on one side, scrape the flesh with the skin from the backbone to the free end of the shoulder blade, push the flesh from this, and then follow the bone to the articulation of the wing. Then down to the middle joint of the wing, free this and disjoin the bone at the shoulder joint; free the flesh from the other shoulder blade and wing in the same way, then push the flesh from each collar bone down to the breast-bone, separating the crop from the flesh. The skin lies very close over the edge of the ridge of the breast-bone, and great care must be exercised to keep it whole; also at joints of wings. Use the fingers rather than the knife. Now separate the flesh from the ribs, taking care not to penetrate the lining into the inside. Push the flesh from the second joint, then from the leg, pulling the flesh down over the ends of the legs, where the skin was loosened at first, just as one often turns a glove wrong side out, when it does not come off easily. Free the bones on the other side in the same way, then push the skin from the backbone until the rump is reached; cut around anal opening, being careful not to break intestinal wall, cut through the bone, leaving a part of it in the rump. Now, when the skin on the under part is separated from the lining membrane, the edible portion of the bird (saving giblets) is one piece and the bony structure with the internal organs is another.

TO TRUSS

Draw thighs close to body and hold by inserting a steel skewer under middle joint running it through body, coming out under middle joint on the other side. Cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed, legs are often passed through incisions cut in body near tail.

TO FILLET

Remove skin from breast, and with a small sharp knife begin

at end of collar bone and cut through flesh, following close to wish and breastbones, the entire length of meat. Raise flesh with fingers, and with the knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of meat is known as a fillet. This meat is easily separated into two parts; the upper, larger part is called the large fillet; the lower part the mignon fillet. The tough skin on the outside of the large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down, make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible. Trim edges, that fillet may look shapely.

FRIED CHICKEN

Select young chicken, not fowl. Cut up. Wash, drain, but do not dry. Dredge well with flour and seasoning. Use drippings for fat; salt pork, bacon, beef or chicken fat will do, or use part butter and part other fat. Cook chicken slowly in fat 2 inches deep in iron frying pan until tender, and well browned. Serve with cream or milk gravy. May use fowl for frying if it is parboiled first.

CHICKEN a la KING

1½ c white sauce	1 green pepper, chopped
2 c chicken	1 pimienta chopped
1 can mushrooms, cut in pieces	

Cut up chicken as for creaming. Add chicken and remaining ingredients, to white sauce, which may be made with cream, milk, or chicken broth. Serve on toast.

CHICKEN A LA MARYLAND

Cut up chicken as for fricassee or for frying. Dredge well with seasoned flour. Dot with bits of butter. Bake in oven, adding small amount of water, basting frequently. Fifteen minutes before removing from oven, add 2 c cream or milk, and simmer gently. Remove chicken, and thicken liquid.

CHICKEN PIE

2 fowls	¼ t pepper
½ onion	½ c flour
1 tb parsley	pie crust or biscuit dough
bit of bay leaf	

Dress, clean, and cut up fowls. Put in a stewpan with onion, parsley, and bay leaf; cover with boiling water, and cook slowly until tender. When chicken is half cooked, add salt and pepper. Remove chicken, strain stock, skim off fat, and then cook until reduced to four cups. Thicken stock with flour diluted with enough cold water to pour easily. Place a small cup in center of baking dish, arrange around it pieces of chicken, removing some of the larger bones; pour over gravy, and cool. Cover with crust in which several incisions have been made, that there may be an outlet for escape of steam and gases. Bake in a moderate oven until crust is well risen and browned. If puff paste is used, it

is best to bake top separately. Crust may be made of baking powder biscuits placed close together.

PRESSED OR JELLIED CHICKEN

Boston Cooking-School Cook Book

Dress, clean and cut up a four pound fowl. Put in a stew pan with two slices of onion, cover with boiling water and cook slowly until meat will fall from the bones. When half cooked add one tablespoon of salt. Remove chicken; reduce stock to three-fourths cup, strain and skim off fat. Decorate the bottom of a mold with parsley and slices of hard-boiled eggs. Pack in meat freed from skin and bone and sprinkled with salt and pepper. Pour on stock and place heavy weight on meat. Keep in a cool place until firm. In summer it is necessary to add one teaspoonful dissolved granulated gelatine to the stock.

FISH AND SEA FOOD

TO BONE FISH

To bone a fish begin at the tail, slip a sharp knife under the flesh, and close to the backbone, running the knife upward to loosen flesh from backbone and outward to loosen it from the ribs. Follow backbone for the length, and separate the whole of one side. Remove flesh from the other side the same way. Pick out any small bones that remain. Fill the body of the fish with stuffing, allowing room for material to swell, sew up the opening with a trussing needle, truss; cover the fish with thin slices of pork. Bake, basting every ten minutes. Fish may be boned before drawing, boning from the dorsal instead of from the ventral side.

PLANKED FISH

Place the fish, cleaned, skin side down on a heated and oiled hardwood plank. Lay narrow strips of bacon or salt pork on fish. Sprinkle with salt and pepper. Bake in a hot oven, or under a flame in gas broiler, basting frequently. When fish is cooked, surround with a border of duchess potatoes, shaping by means of a pastry bag and star tube. Brush the potatoes over with beaten egg yolk mixed with an equal quantity of milk. Let brown in the oven, and serve with maitre d' hotel sauce. Garnish with lemon and parsley. A variety of garnishes may be used.

STUFFING FOR BAKED FISH

1 c bread crumbs	2 egg yolks
1 tb chopped parsley	salt and pepper
2 tb chopped onion or	$\frac{1}{4}$ c melted fat
1 t onion juice	

Soak the bread, from which the crust has been taken, in cold water fifteen minutes; put in a bit of cheesecloth and wring as dry as possible; add the other ingredients. If a moist stuffing is desired, omit the egg yolks. A teaspoonful, each, of chopped capers and pickles are often used.

BOILED SALT FINNAN HADDIE

Wash the fish thoroughly; let soak a half hour in cold water, skin side up; cover with water which is simmering, not boiling. Let stand fifteen minutes, then drain carefully and wipe dry, brush over with fat and broil over slow fire about fifteen minutes. Remove to hot platter, sprinkle with bits of fat, and with juice of half a lemon. Serve at once.

BROILED SALT MACKEREL

Let soak in cold water twelve hours skin side up. Parboil, drain and wipe dry. Brush over with melted fat. Broil on a well greased broiler, skin side down, basting once or twice. Remove carefully to serving dish and pour over half a cup of white sauce. Sprinkle with finely chopped parsley. Serve with potatoes boiled in the "jackets."

TURBANS OF HALIBUT WITH POTATO BALLS

Have two slices of halibut cut half an inch thick; remove the skin and bone, thus securing eight fillets. Dip in melted butter; squeeze over them the juice of half a lemon, a little onion juice, and sprinkle with salt and pepper. Commencing with the widest end, roll each fillet into a "turban" and fasten by running through each a buttered wooden toothpick. Bake about twenty minutes, or steam one hour, basting with hot stock, or fat melted in hot water. Arrange crown shape on a serving dish. Fill the center with boiled potato balls, dressed with salt, butter, and chopped parsley. Serve with Hollandaise or other fish sauce.

DEVILED CRABS

2 tb fat	2 egg yolks
2 tb flour	1 c chopped crab meat
1 c stock	1 t chopped parsley
salt and pepper	

Make sauce of fat, flour and stock; add other ingredients (except parsley,) and cook several minutes. Add parsley. Wash and trim crab shells, fill rounding with mixture, and sprinkle with buttered crumbs. Bake until crumbs are brown.

LOBSTER CHOPS

2 c chopped lobster meat	1 t lemon juice
½ t salt	1 egg yolk
a few grains cayenne	1 t chopped parsley or pickles
a few grains nutmeg	1 c thick white sauce

Mix ingredients in order given. Let cool; form into the shape of rib chops. Dip in egg and crumbs and fry in deep fat. Insert a claw or a piece of uncooked macaroni in the end of each chop, if desired. Serve with mayonnaise dressing to which chopped pickles are added, or with a bernaise sauce. Any other fish or meat may be used.

CHARTREUSE OF SALMON

1 c rice	1 lb cooked salmon, fresh or
3 c milk or stock	canned
¼ c oleomargine or drippings	1 t onion juice
	salt and pepper

Steam the rice in the milk or stock. Cream the onion juice and butter together and stir lightly into the steamed rice. Line an oblong mold with the rice, fill the center with the salmon which has been flaked, and seasoned with salt, pepper, and lemon juice. Cover with rice and steam one-half hour. Turn onto platter and serve with drawn butter or egg sauce.

SALMON LOAF

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2 c cooked salmon fresh	4 tb butter
or canned	salt and pepper
2 eggs	minced parsley
½ c fine bread crumbs	

Flake the fish with a silver fork. Add the eggs well beaten,

the melted fat, bread-crumbs, salt, pepper and minced parsley. Put in a greased mold and steam for one hour. When cold arrange on a platter and garnish with slices of lemon, cucumber and parsley.

SALMON HASH

The salmon loaf mixture may be cooked in a frying pan and when brown on the bottom, folded as an omelet. Boiled potatoes cubed may be substituted for the bread-crumbs.

SALMON PATTIES

The salmon loaf mixture may be made in form of flat cakes and sauteed in butter or butter substitute. Garnish with lemon or serve with creamed peas.

SALMON CROQUETTES

Croquettes may be made from the salmon loaf mixture and fried in deep fat. These croquettes will be dryer than those made with a white sauce foundation but are more quickly and easily made.

CLAM CHOWDER

1 pt. minced clams	$\frac{1}{2}$ t thyme
4 oz. salt pork	2 c potatoes
1 medium-sized onion	1 pt. milk
2 tb flour	$\frac{1}{2}$ t pepper
$\frac{1}{2}$ t salt	8 crackers

Drain liquid from clams. Cut the salt pork into thin slices, chop the onion, and saute the two together until brown. Stir in the flour and when mixture is bubbling slowly, add the clam liquor. Season with salt, white pepper, and thyme. Add potatoes which have been cut into small cubes, and cook the mixture until the potatoes are tender. Just before serving, add milk, minced clams and three large pilot biscuits or a larger number of hard water crackers. If liked thicker, blend 1 tb of fat with the same of flour, and add gradually. To make Rhode Island clam chowder, add 1 c tomatoes either canned or fresh.

FISH CHOWDER

2 c fresh or salt cod	4 c milk
4 c potatoes	8 crackers
$1\frac{1}{2}$ cubes salt pork	3 tb butter or butter substitute
1 slice onion	salt and pepper

Cut pork in small pieces and cook until light brown; cook the onion and potatoes in the fat for a few minutes, then add the fish cut in pieces and cover with boiling water. Simmer until the potato is tender, add the milk and cook five minutes longer. Season with salt and pepper. Just before serving add pilot biscuit or whole hard crackers.

TO CLEAN OYSTERS

With the fingers examine each oyster separately to see that no bits of shell are left clinging to it. Put oysters in a colander placed over a bowl. Drain the liquor into the bowl and pour cold water over the oysters, using only one-half cup of water to each quart of oysters. If the recipe calls for oyster liquor, put it and the water that was poured over the oysters into a saucepan and place over the fire. Heat to the boiling point then strain through cheese cloth. This clarified liquor may then be used to add flavor to the oyster dish being prepared.

OYSTER STEW

3 c oysters	$\frac{1}{2}$ tb salt
1 qt. scalded milk	$\frac{1}{8}$ t pepper
4 tb butter	celery salt

Wash and clean oysters. Heat the liquor to the boiling point, strain through cheese cloth, then add oysters and cook until the edges curl. Pour oysters and liquor into the scalded milk. Add butter, season and serve hot.

SCALLOPED OYSTERS

1 pt. oysters	$1\frac{1}{2}$ c cracker or stale bread
4 tb oyster liquor	crumbs
4 tb milk or cream	$\frac{1}{3}$ c melted butter
	salt and pepper

Clean the oysters and stir in the crumbs. Put $\frac{1}{3}$ of the buttered crumbs in the bottom of a buttered baking dish, cover with half of the oysters and half of the liquid, season with salt and pepper. Repeat and cover the last layer of oysters with the remaining crumbs. Bake for 30 minutes in a hot oven. Never allow more than two layers of oysters. If there are more than 2 layers the oysters in the middle layer will be underdone.

FISH AND MEAT SAUCES

BERNAISE SAUCE

2 tb chopped onion a few grains cayenne
2 tb vinegar yolks of three eggs
 $\frac{1}{4}$ t salt 1 tb chopped parsley or pickles

Cook onions in vinegar. Place in double boiler, add egg yolks.
Cook until creamy, add seasonings.

BROWN SAUCE

1 tb chopped onion 2 tb fat
1 tb chopped carrot 2 tb flour
1 spring parsley $\frac{1}{4}$ t salt
1 bay leaf 1 c brown stock

Cook vegetables and herbs in fat until light brown. Add flour
and brown well. Add stock. Strain.

DRAWN BUTTER SAUCE

Make as white sauce, using water instead of milk and twice
as much fat.

CAPER SAUCE

Stir $\frac{1}{4}$ c capers, 1 tb vinegar and 1 t onion juice into 1 c
drawn butter sauce.

CURRENT JELLY SAUCE

To one cup brown gravy or brown sauce from which the onion
has been omitted, add one glass currant jelly and 1 t lemon juice.

CURRENT MINT SAUCE

(F. M. Farmer)

$\frac{2}{3}$ glass currant jelly $\frac{1}{4}$ orange rind
 $1\frac{1}{2}$ tb chopped mint

Separate jelly into bits but do not beat. Add mint and
shavings of rind.

PICKLE SAUCE

Prepare a Hollandaise sauce. Add diced cucumber pickles,
or add $\frac{1}{4}$ c pickle to drawn butter sauce.

CUCUMBER SAUCE

Finely chop and drain a cucumber, season with salt, pepper
and vinegar. Serve with fish or lamb.

HORSERADISH SAUCE

Mix 4 tb grated horseradish, 1 tb vinegar, $\frac{1}{4}$ t salt and a few
grains of cayenne with $\frac{1}{4}$ c thick cream, either sweet or sour.
Serve with fish, beef or ham.

MINT SAUCE

8 stalks mint, or 2tb dry $\frac{1}{2}$ c vinegar
mint 1 tb lemon juice
2 tb sugar

Wash mint and pick leaves from stems. Chop fine. Add

sugar and rub well together. Add gradually vinegar and lemon juice. Let stand one hour. Serve with lamb.

MUSTARD, PREPARED

3 tb ground mustard	$\frac{1}{2}$ t salt
warm water to mix	2 egg yolks
1 t sugar	1 tb butter

Pour enough warm water over ground mustard to make a thick paste in double boiler. Rub smooth and add vinegar, sugar, salt, and well-beaten egg yolks. Place over boiling water and cook until it thickens; then add butter, stirring well. Serve with cold meat.

PARSLEY SAUCE

$\frac{1}{4}$ c butter	1 tb chopped parsley
$\frac{1}{4}$ c flour	$\frac{1}{2}$ t salt
2 c stock	dash cayenne and mustard

Melt butter, add flour, blend, add stock, stirring constantly, then add seasonings. Serve with pork.

MUSHROOM SAUCE

To 1 c brown gravy or brown sauce add $\frac{1}{2}$ c mushroom caps sauteed and cut in pieces.

EGG SAUCE

To 1 c drawn butter sauce or medium white sauce add 2 hard cooked eggs chopped or sliced crosswise.

HOLLANDAISE SAUCE

$\frac{1}{2}$ c butter	spk. of cayenne
2 to 4 egg yolks	$\frac{1}{2}$ c boiling water
$\frac{1}{4}$ t salt	juice $\frac{1}{2}$ lemon

Cream the butter; add the egg yolks one at a time, beating thoroughly, add seasonings and water; cook in double boiler, beating constantly until thick. Add lemon juice last.

MAITRE d' HOTEL BUTTER

4 tb butter	$\frac{1}{8}$ t salt
2 tb lemon juice	spk pepper
1 tb parsley	

Cream butter and add lemon juice drop by drop. Add remaining ingredients and mix well. Chill before serving. Serve on broiled or baked fish or on steak or boiled potatoes.

ENTREES AND COMPOSITE DISHES

CANAPES

Canapes are included in the list of appetizers that are served as the first course at a formal dinner. They are made of stale white bread cut in quarter inch slices which are then cut in small circles, crescents, squares or triangles and fried, sauteed or toasted a delicate brown. They are then spread with some savory, appetizing mixture.

SARDINE CANAPE

6 portions of bread	pickled beets
6 large sardines	1 hard cooked egg
juice of 1 lemon	parsley
Worcestershire sauce	salt and pepper

Remove skin and backbone from sardines. Break fish into fine pieces with a fork and add seasonings. Spread the prepared bread with this mixture, place a thin slice of the hard cooked egg in the center of each canape, arrange a border of finely chopped beets around the edge. Place a rather large spray of crisp, feathery parsley on the plate beside each canape. Caviar or anchovy paste may be used instead of the sardine mixture.

CHEESE CANAPES

6 portions of bread	6 large stuffed olives
3 tb Neufchatel or cream cheese	parsley
lemon juice	chives

Season the cheese with salt, white pepper, chopped chives and lemon juice. Spread the prepared bread with this mixture, place three slices of stuffed olives in center of each canape and put a border of chopped parsley around the edge.

COCKTAILS

Both fruit and fish cocktails are also used as appetizers at the beginning of a dinner or luncheon.

OYSTER COCKTAIL

Boston Cooking-School Cook Book

8 small raw oysters	salt
1 tb tomato catsup	2 drops Tabasco
½ tb vinegar or lemon juice	1 t celery finely chopped

Mix ingredients, chill thoroughly, and serve in cocktail glasses, or cases made from green peppers placed on bed of crushed ice.

A cocktail sauce made of ½ tb tomato catsup, 2 t lemon juice, ½ t chopped chives, and ½ t horseradish may be used with raw oysters or with small clams. Crabmeat or lobster may be used in place of the oysters.

SARDINE OR CRABMEAT COCKTAIL

1 box oil sardines	¼ t Tabasco sauce
1/3 c tomato catsup	juice 1 lemon
2 t Worcestershire sauce	1 t horseradish

Remove skin and bones from the fish and break into small

pieces with a fork. Mix other ingredients, add to fish and toss lightly together. Chill and serve very small portions in cocktail glasses or on small, crisp lettuce cups.

FRUIT COCKTAIL

Cut fruit in uniform pieces, using two or more kinds of fruit. A tart, juicy fruit such as grapefruit, oranges or pineapple should always be included in each combination. Pour over the fruit a syrup made by boiling $\frac{1}{2}$ c sugar $\frac{1}{3}$ c water together and adding 2 tb lemon juice. Fresh or dried mint may be added to the syrup or spearmint extract or a few after dinner mints may be used instead. Chill syrup before adding to fruit. Serve very cold in cocktail glasses or in grapefruit shell. Garnish with mint leaves, cherries, or mint or currant jelly.

MELON COCKTAIL

Cut very ripe watermelon and cantaloupe into cubes or into balls with a French cutter. Chill and serve in cocktail glasses with sweetened and diluted lemon juice poured over the melon. The watermelon balls may also be served in boat shaped sections of the cantaloupe.

ONE-DISH DINNERS

MACEDOIN OF VEGETABLES

- | | |
|---------------------|------------------|
| 1 c cooked carrots | 1 c tomato sauce |
| 1 c cooked peas | 4-6 sausages |
| 1 c boiled potatoes | |

Cube carrots and potatoes and mix vegetables and sauce together. Place in bottom of buttered casserole and put sausages on top. Cover and bake $\frac{3}{4}$ of an hour in a moderate oven. Canned tomato soup, a white sauce or a brown sauce may be used instead of the tomato sauce.

BEEF AND TOMATOES

- | | |
|------------------|--------------------------------|
| 2 lbs. lean beef | $\frac{1}{4}$ package macaroni |
| 1 bunch celery | $\frac{1}{2}$ lb grated cheese |
| 4 onions | salt and pepper |
| 1 can tomatoes | 1 tb Worcestershire sauce |

Cut the meat, celery, and onions into small pieces, then put into frying-pan with small amount of fat. Set on stove and stir constantly until well browned. Remove from fire and put into large casserole, add the tomatoes, the cooked macaroni, the grated cheese, sauce, salt, and pepper. Simmer for 2 hours and serve hot.

JAMBOLOYA

- | | |
|--------------------------------|------------------------------|
| $\frac{1}{2}$ pt. kidney beans | 3 chili peppers |
| 1 c grated cocoanut | 2 tb butter |
| 1 c pecan meats | 2 c tomatoes |
| 1 t salt | $\frac{1}{2}$ c curry powder |

Wash and boil beans. Put butter in saucepan, add peppers and pecans chopped, curry powder, salt, tomatoes and cocoanut. Stir until it boils, add beans. Let simmer over hot water 20 minutes. While this is cooking, boil rice. Serve rice at ends of large platter, jambaloya in center.

SCALLOPED HAM WITH POTATOES

1 slice smoked ham	1 pt. milk
6 potatoes	salt and pepper

Wash, pare and slice potatoes, cut ham in suitable pieces for serving. Put half of potatoes in bottom of buttered casserole, season, add pieces of ham and cover with remaining potatoes. Pour over the milk and bake covered in slow oven for one hour or until potatoes are done. Uncover the last fifteen minutes.

AMERICAN CHOP SUEY

1 ½ c spaghetti	1 lb. chopped lean beef
2 c celery	2 c tomato puree
4 med. size onions	3 tb fat
salt and pepper	Soyou sauce

Boil spaghetti in boiling salted water, drain and rinse. Chop onions and celery. Cook onions, celery and meat in fat five minutes. Mix altogether, add the tomato puree and Soyousauce if one has it, turn into baking dish and bake one-half hour.

MACARONI WITH MUSHROOMS

½ lb. macaroni	1 c mushrooms
1 lb. chopped beef	2 c brown sauce
salt and pepper	1 c buttered crumbs

Boil macaroni, season the beef, make into balls and sear in hot fat. Mix macaroni, mushrooms and sauce together, put one-half in the bottom of a buttered casserole, cover with meat balls, add remaining macaroni and cover with buttered crumbs. Bake in moderate oven ¾ of an hour.

SQUAW CORN

4 slices bacon	1 green pepper
1 can corn	3 eggs
salt	

Cut bacon in pieces, cook in frying pan until crisp, add corn and green pepper and let cook until hot through. Add well beaten eggs and cook until eggs thicken, stirring constantly. This makes a nice camp-fire dish.

VEGETARIAN DISHES

BEAN LOAF

1 c dried beans	½ tb seasoning, celery leaves,
½ c bread crumbs	sage, or minced onion
1 c stock or hot water	1 t salt
	½ t fat

Soak beans over night, and then boil until tender; drain, rub through a sieve. Add crumbs which have been soaked in stock and seasonings. Mix thoroughly. Form into loaf. Bake in greased tin thirty minutes.

NUT LOAF

1 c chopped peanuts	1 c bread crumbs
1 c boiled rice or mashed potato	1 egg to mix
	celery or onion to taste

Mix the above ingredients with the beaten eggs. Bake and baste with drippings and water. Any left over cereal may be substituted for the rice. Serve with tomato sauce, if desired. $\frac{1}{2}$ to 1 cup of grated cheese may be added.

MOCK SAUSAGE

New Butterick Cook Book

3 c cooked dried beans	2 tb butter or butter substitute
$\frac{2}{3}$ c bread crumbs	$\frac{1}{2}$ t sage
3 eggs	salt and pepper

Rub beans through strainer, add remaining ingredients, shape in form of sausages, roll in crumbs, egg and crumbs again. Saute until brown. Serve with tomato sauce.

PEANUT CHOPS

New Butterick Cook Book

Cut crusts from half inch slices rye bread and cut in lengthwise strips. Spread peanut butter on both sides of each strip. Add $\frac{3}{4}$ c top milk to 2 beaten eggs and beat thoroughly. Dip strips of bread into egg and milk and then into sifted cracker crumbs. Put in well oiled bread pan and bake in hot oven until a golden brown.

TIMBALES

HAM TIMBALES

1 c cooked ham	4 tb butter
1 c bread crumbs	$\frac{1}{2}$ t salt
1 c milk or cream	2 eggs

Chop ham very fine or rub through sieve. Cook crumbs in milk to smooth paste. Beat eggs, mix all together, pour into buttered individual molds, set in pan of water, cover molds with buttered paper and cook on top of stove or in oven until firm, twenty to thirty minutes. Turn onto hot serving dish and serve with egg sauce or garnish with hard cooked eggs and parsley. Veal, chicken, or fish may be used instead of the ham. If the whites of the eggs are beaten separately and added just before the mixture is put into the molds the timbales will have a more spongy texture.

VEGETABLE TIMBALES

2 c vegetable pulp	3 eggs
3 tb butter	salt and pepper

Beat eggs well, add remaining ingredients, mix well and pour into buttered individual molds. Bake in pan of hot water until firm. Canned peas, baked beans, cooked carrots may be used. Serve hot with white sauce, egg sauce, or mushroom sauce. The molds may be garnished with truffles, cut in fancy shapes or with rings of ripe or stuffed olives. The garnish should be placed in the buttered mold before the mixture is poured in.

ASPIC

Aspic is a spiced, tart jelly made from meat stock. It is used for enclosing a variety of foods in a mold or for giving a transparent coating of shining, sparkling finish. Various foods may be

molded in aspic—for instance, stuffed olives, plain or stuffed tomatoes with beef tongue, or chicken salad.

ASPIC JELLY

Add the juice of one lemon to one qt. of highly seasoned stock, then clear with whites of eggs or egg shells. Dissolve in this 4 tb of granulated gelatine. In the winter time there may be enough gelatine in the stock itself to make it stiffen but in the summer it generally will be necessary to use the granulated gelatine.

FRITTERS

Fritters may be composed of a piece of fruit enclosed in batter, then fried in deep fat and served with an appropriate sauce; or chopped fruit, vegetable, meat or fish may be stirred into batter and dropped by spoonfuls into hot fat. Fritters may be served as an accompaniment of the dinner course or as a separate course.

FRITTER BATTER

The New Butterick Cook Book

1 ½ c flour	¼ t salt
2 t baking powder	2/3 c milk
1 egg	2 tb powdered sugar (for fruit fritters only)

Mix by muffin method. It should be thick enough to completely cover the food dipped into it.

SALADS AND SALAD DRESSINGS

CHEESE AND NUT SALAD

1 c cheese	1/3 c chopped nuts
1 tb melted butter	1/3 c chopped pimienta
1/2 c sweet cream	1/3 c chopped olives

Mash the cheese, moisten with cream and melted butter, season with salt and cayenne, add chopped nuts, pimienta and olives, press into a mold and let stand two hours. Cut in slices and serve on lettuce leaf with mayonnaise dressing.

COTTAGE CHEESE SALAD

Shape cottage cheese into balls and serve on lettuce, with boiled dressing.

SWISS SALAD

Take equal quantities of canned peas, American cheese and sweet pickles cubed. Marinate the peas in French dressing for one hour, drain and add to the cheese and pickles. Mix with French or cooked salad dressing and serve in crisp lettuce cups.

VEAL OR CHICKEN SALAD

Cut veal into cubes and marinate, that is, add French dressing and allow to stand an hour or more to develop flavor. Add an equal quantity of clear, crisp celery, cut into small cubes. Just before serving, mix with mayonnaise. About one cup of mayonnaise to one quart of mixture will be required. Nuts or peas may be added, if desired. Put spoonful of mayonnaise on top of each serving. Garnish with hard cooked eggs, curled celery, capers, or pickles.

SHRIMP SALAD

Remove the shrimp from the can and cover with very cold water and let stand for half an hour. Remove intestinal veins, then break into small pieces, reserving a few for garnish. Combine with shredded lettuce or diced celery. Mix with a small quantity of mayonnaise dressing. Put a spoonful of dressing on each serving and garnish with a whole shrimp, and capers, olives, or pickles. A dash of paprika sprinkled over dressing adds flavor and attractiveness. Lobster or crabmeat may be used instead of shrimp.

TOMATO JELLY

1 tb gelatin	1 c stewed and strained tomatoes
1/4 c cold water	1/4 t salt, other seasoning, if desired

Soak gelatin in cold water till softened, add hot tomato and seasoning. Pour into small moulds and chill thoroughly. When ready to serve, turn out on lettuce leaves. Garnish with capers, olives, hard cooked eggs, or pickles, or baked beans or meats may be added to the tomato jelly before molding for luncheon salad. Serve with mayonnaise dressing.

PISTACHIO SALAD

1 tb gelatin	juice of 1 orange
$\frac{1}{4}$ c cold water	juice of $\frac{1}{2}$ lemon
1 c hot water	$\frac{1}{4}$ t salt

Prepare gelatin, tint a delicate green, and when it begins to set, add $\frac{1}{4}$ c of chopped pistachio nuts and about two stalks finely cut celery. Turn into mold and set in cool place to stiffen. Serve on lettuce leaves and garnish with mayonnaise.

SOUR CREAM DRESSING

1 c sour cream	1 tb vinegar or lemon juice
1 tb sugar	seasoning

Mix and beat till foamy.

VINAIGRETTE DRESSING

To 1 c French dressing add 1 rounding tb chopped onion, 1 t chopped parsley, $\frac{1}{4}$ green pepper chopped, 1 t capers, and 1 t chopped pickle.

SAUCE TARTAR

The above ingredients added to 1 c mayonnaise will give a sauce tartar to use on head lettuce or with fish. The addition of 2 tb chili sauce will make a thousand island dressing.

JELLIED MAYONNAISE

Stir quickly into 1 c mayonnaise $\frac{1}{2}$ tb granulated gelatine dissolved in 2 tb boiling water.

PASTE MAYONNAISE

Mixture I

2 egg yolks	$\frac{1}{2}$ t mustard
2 tb vinegar	$\frac{1}{2}$ t cayenne
2 tb lemon juice	$\frac{1}{2}$ t paprika
2 t salt	$\frac{1}{2}$ t sugar
1 c salad oil	

Place all in bowl but do not mix.

Mixture II

1 tb butter	1 c water
$\frac{1}{3}$ c flour	

Cook ten minutes in double boiler stirring constantly.

Pour while hot onto mixture number I and beat quickly until thick.

CAKES

GENERAL DIRECTIONS

Butter Cake Method of Mixing (Conventional Method)

1. Cream the butter, add the sugar gradually and cream together until sugar is partially dissolved.

2. Add the beaten egg yolks or the whole eggs well beaten. If the amount of fat is small in proportion to the sugar it may be necessary to add some of the beaten egg to the mixture before all of the sugar has been added, alternating egg and sugar until all of each has been added, keeping the mixture soft and creamy throughout.

3. Add flavoring to the fat, sugar and egg and beat well. If the sugar is not well dissolved in the fat and egg there will be a tendency to heaviness in the finished product with a waxy appearing crust. This will also be true if too much sugar is used or if the sugar is very coarse.

4. Mix and sift the flour, baking powder and salt together two or three times, then add this mixture and the liquid alternately to the fat, sugar and egg mixture. Mix thoroughly but with as little beating as possible, as much beating will tend to make the finished product tough and full of large holes.

5. Beat the egg whites stiff and cut and fold them into the cake mixture.

Muffin Method for Cake Making

1. Cake may be made by the muffin method i. e. mix and sift dry ingredients including sugar.

2. Add beaten egg yolks to the milk and stir this into the dry ingredients.

3. Add the flavoring and melted fat, then fold in the stiffly beaten egg whites.

Note: The batter will be much thinner when this method is used but the finished product will be about the same as when cake method is used.

Doughnut or Quick Method for Cake Making

1. Beat the eggs thoroughly, add the sugar gradually and beat well.

2. Add the melted fat, then the flour mixture alternately with the milk.

Note: This is a quick method and for plain cake gives good results.

HINTS ON CAKE MAKING

Any plain cake recipe may be varied to make a yellow or gold cake by substituting 2 or 3 yolks for each egg used, or better, use 3 yolks and one white for each two eggs. In the same way, white cake may be made by substituting two whites for each egg required. The flavoring may be vanilla or lemon, or combination of these, almond, or any other desired.

CHARACTERISTICS OF A GOOD CAKE WITH REASONS FOR FAILURE

A well-made cake properly baked, should be of uniform thickness, that is, it should not have risen high in the middle or at one side of the tin and have fallen at other places. Unevenness shows either the use of too much flour or carelessness in baking. If surface is cracked too much flour has been used or the oven has been too hot.

It should be fine and even grained and delicate in texture. Poor texture and grain indicate careless mixing or measuring, or the use of a poor recipe.

It should be light, tender, and moist but not sticky. If cake is sticky too much sugar has been used, or the baking has not been completed. If it is dry too much flour has been used. Heaviness in cake is due to a variety of causes: baking in too cool or too hot an oven; the use of too little or too much baking powder, too much fat, or too much sugar.

It should be friable, tender, or, in other words, it should easily break in pieces, although it should not crumble.

There should be no suggestion of rawness, or, on the other hand, of over-baking with dryness and breadiness.

The crust should be tender and friable, of uniform light brown color, and should tend to thinness rather than thickness.

BUTTER CAKES

HOLIDAY POUND CAKE

The New Butterick Cook Book

1 lb. shortening	9 eggs
1 lb. sugar	grated rind of one lemon
1 lb. flour	

Cream fat and add sugar, beating until foamy. Add yolks, beaten light, then flavoring. Fold in the stiffly beaten egg whites and lastly add flour. Bake as a loaf in a slow oven. This is a large cake and usually made for special occasions but will keep fresh for a good while if wrapped in waxed paper and kept closely covered. May be baked in shallow pans and cut in fancy shapes for icing with fondant icing.

WHITE POUND CAKE

$\frac{3}{4}$ lb. shortening	1 lb. flour
1 lb. sugar	4 t baking powder
1 c milk	whites of 8 eggs
3 t flavoring	

Weigh materials. Wash and cream shortening, add sugar gradually, milk, flavoring and part of flour sifted with baking powder. Add beaten whites last. If close-grained cake is desired beat after adding eggs. If light, velvet-like texture is desired, fold in whites carefully.

Use pound cake for assorted or Genoese cakes. Cut in fancy shapes, triangles, squares, diamonds, crescents, circles, etc. Ice with fondant. Color icing. Fancy candies, cherries, nuts, candied peel may be used for decoration. Use chocolate or caramel icing instead of plain boiled, if desired.

WHITE NUT CAKE

$\frac{3}{4}$ c shortening	2 t baking powder
1 $\frac{1}{2}$ c sugar	1 c chopped nuts
$\frac{3}{4}$ c water	4 egg whites
2 c flour	

Mix by butter cake method of mixing. Add $\frac{1}{2}$ c of the flour to the chopped nuts and add to the cake batter just before adding the whites of the eggs.

WHITE CAKE

$\frac{1}{4}$ c shortening	2 t baking powder
$\frac{3}{4}$ c sugar	$\frac{1}{2}$ t extract
$\frac{1}{2}$ c milk	4 egg whites
1 $\frac{1}{2}$ c flour	

Mix as usual. Fold in stiffly beaten whites last. Bake in layers.

POTATO CHOCOLATE CAKE

2 c sugar	1 c hot mashed potato
$\frac{2}{3}$ c shortening	$\frac{1}{2}$ c hot milk
4 egg yolks well beaten	2 sqs melted chocolate
2 c flour	1 t vanilla
2 t baking powder	1 c walnuts
2 egg whites, beaten	

Add milk to mashed potatoes and beat until light, let cool and then use as liquid, following the butter cake method of mixing. Add the melted chocolate to the creamed shortening and sugar and mix the nuts with part of the flour.

SPANISH CHOCOLATE CAKE

1 c sugar	$\frac{1}{2}$ t soda
$\frac{1}{4}$ c shortening	2 t baking powder
2 egg yolks	$\frac{1}{4}$ t salt
$\frac{1}{2}$ c sour milk	2 squares chocolate
1 c flour	2 egg whites

Cream sugar and shortening. Alternate milk and dry ingredients. Add melted chocolate before egg whites. Bake in moderate oven.

SPICE CAKE

$\frac{3}{4}$ c shortening	1 t cloves
2 c sugar	1 t nutmeg
4 egg yolks	2 t cinnamon
1 c milk	3 t baking powder
2 $\frac{1}{2}$ c flour	4 egg whites

Mix by butter cake method of mixing, sifting the spice with the flour.

FRUIT CAKE

½ lb. shortening	½ t nutmeg
½ lb. light brown sugar	1 t mace
6 egg yolks	½ t allspice
½ lb. candied fruit as citron, orange, or lemon peel	1 t cloves
1 lb. raisins	½ lb. flour
1 lb. currants	¼ c liquid: lemon, orange or plum juice or water
¼ lb. almonds, shelled	6 egg whites
1 t cinnamon	

Cream shortening and sugar, add egg yolks, then floured fruit, add liquid and flour sifted with spices, folding stiffly beaten egg whites. Line pans with three or four thicknesses of well greased paper. Bake four or five hours in a very slow oven or steam four hours and bake one.

BROWN SUGAR CAKE

1 ½ c brown sugar	1 t cinnamon
½ c lard	1 egg
2 c flour	1 c sour milk
½ t salt	1 t soda

Mix and sift dry ingredients, including sugar. Cut in fat. Reserve ½ c of this mixture to spread on top of cake. To the remainder add the beaten egg mixed with the sour milk. Bake in shallow pan with the ½ c flour, sugar and fat spread over the top.

GOLD CAKE

The New Butterick Cook Book

¼ c butter	2 t baking powder
½ c sugar	¼ c milk
3 egg yolks	1 t orange extract
1 c flour	

Mix by butter cake method of mixing. Bake in loaf or layer in moderate oven.

BUTTERLESS CAKES

SUNSHINE CAKE

10 egg whites	1 t lemon extract
1 ½ c powdered sugar	1 c flour
6 egg yolks	1 t cream of tartar

Beat egg whites till stiff and dry, add sugar gradually, and continue beating; then fold in yolks of eggs, beaten until thick and lemon colored, and lemon extract. Cut and fold in flour mixed and sifted with cream of tartar.

Bake 50 minutes in ungreased angel cake pan, in moderate oven.

ANGEL CAKE

8 egg whites or 1 c	¾ c flour
1 t cream tartar	¼ t salt
1 c sugar	¾ t vanilla or almond extract

Add salt to egg whites and beat till frothy. Sift cream of tartar over them and beat till stiff. Add flavoring, mix sugar,

and flour, and sift several times. Sift gently over egg whites, and fold together as quickly and lightly as possible. Sugar may be added first and flour afterward.

Put in ungreased angel cake tin and bake about fifty minutes in moderate oven. After cake has risen and begins to brown, cover with buttered paper. When done, invert pan till cake slips out.

MOCK ANGEL CAKE

Boston Cooking-School Cook Book

1 c sugar	1/3 t salt
1-1/3 c flour	2/3 c scalded milk
3 t baking powder	1 t vanilla
2 egg whites	

Mix and sift dry ingredients four times. Pour on gradually the scalded milk. Fold in the egg whites beaten until stiff, and add the vanilla. Turn into an unbuttered angel-cake pan and bake in a moderate oven forty-five minutes. This is better for being kept twenty-four hours.

CHOCOLATE ANGEL CAKE

11 egg whites	1 tb cold water
2 c granulated sugar	1 t vanilla
1/2 c Baker's cocoa	1 t cream of tartar
1 c pastry flour	

Mix like plain angel cake, sifting cocoa with sugar and adding water last. Bake at slightly higher temperature than for plain angel cake, about 275° F.

SMALL CAKES AND COOKIES

INVALID WAFERS

- | | |
|----------------------|---|
| 1 c sweet cream | 1 t baking powder |
| 1 tb sugar | graham flour |
| $\frac{1}{4}$ t salt | $\frac{1}{2}$ lb. (or more) figs or dates |

Sift together, sugar, salt, and baking powder. Add to cream. Add graham flour enough to make soft dough. Roll half the dough, then spread with chopped figs and dates. Roll other half and place on layer of fruit. Cut in strips with sharp knife. Bake like cookies.

DOUGHNUTS

- | | |
|-------------------------|--|
| 2 eggs | 1 t salt |
| 1 qt. flour | $\frac{1}{8}$ - $\frac{1}{4}$ t nutmeg |
| 1 $\frac{1}{4}$ c sugar | 3 tb melted fat |
| 1 t soda | |

Sour milk enough to mix dry ingredients to soft dough. Beat together eggs and sugar. Add melted fat. Sift flour, soda, salt, nutmeg. Add to first mixture, alternately with sour milk. Handle as soft as possible. Fry in deep fat at 360° F. until brown on one side, then turn and brown on other side. If doughnuts are turned often during frying they will be smoother and better shape but will not be quite as light. Drain on soft paper.

ROCKS OR HERMITS

- | | |
|---|--------------------------------------|
| $\frac{3}{4}$ c shortening (scant) | 2 c flour (may require more or less) |
| 1 $\frac{1}{2}$ c light or med. brown sugar | 1 t cinnamon |
| 3 well beaten eggs | 1 c English walnuts |
| 1 t soda dissolved in 2 tb boiling water | $\frac{1}{4}$ t salt |
| | 1 c seeded raisins |

Let raisins come to boil in water to cover. Drain and cut in pieces. Break walnuts. Mix raisins and walnuts with flour. Mix ingredients by butter cake method. Drop by spoonfuls on greased baking sheet one inch apart. Bake in moderate oven.

OATMEAL DATE CAKES

- | | |
|-----------------------------|-------------------------------|
| $\frac{1}{2}$ c shortening | $\frac{1}{2}$ t soda |
| $\frac{1}{2}$ c brown sugar | 1 $\frac{1}{4}$ c white flour |
| $\frac{1}{4}$ c water | 1 $\frac{1}{4}$ c raw oatmeal |

Cream shortening and sugar. Add dry ingredients and liquid alternately. Roll out thin, cover with date paste, cover with second layer of dough. Cut in rectangular strips about three and one-half inches by three. Bake until brown in moderate oven.

PASTE FOR DATE CAKES

- | | |
|---|-----------------------|
| $\frac{1}{2}$ lb. dates, stoned and cut | $\frac{1}{4}$ c water |
| $\frac{1}{4}$ c sugar | |

Cook to smooth, soft paste, cool, then spread between layers of dough.

ROLLED WAFERS

- | | |
|---|--------------------------------|
| $\frac{1}{4}$ c shortening | $\frac{7}{8}$ c bread flour |
| $\frac{1}{2}$ t flavoring (almond or vanilla) | $\frac{1}{2}$ c powdered sugar |
| | $\frac{1}{4}$ c milk |

Cream shortening and sugar, gradually add milk drop by drop, or it will curdle. Then add flour and flavoring. Spread very thin with a broad knife on a buttered inverted pan. Crease in three inch squares and bake in slow oven. Roll quickly, while still hot, around handle of knife or wooden spoon. Must work quickly as they become brittle as soon as cool, and break. May be colored by adding color to milk. Sprinkle with finely chopped almonds, if desired.

SAND TARTS

- | | |
|----------------------------|--------------------------|
| $\frac{1}{2}$ c shortening | white of 1 egg |
| 1 c light brown sugar | blanched almonds |
| 1 egg | 1 tb sugar |
| $1\frac{3}{4}$ c flour | $\frac{1}{4}$ t cinnamon |
| 2 t baking powder | |

Cream shortening and sugar. Add well-beaten egg, then flour, mixed and sifted with baking powder. Chill. Toss on board and roll one-eighth inch thick. Cut into diamond shaped pieces about two inches at a side or use small cutter. Brush over with white of egg. Sprinkle evenly with sugar mixed with cinnamon. Place split almond in center. Bake in moderate oven about eight minutes. Raisin may be used in place of nut. May be cut round, and three halves of almonds arranged on each at equal distances. These are especially dainty for five o'clock teas. The recipe makes two dozen.

SWEDISH ROSETTES AND TIMBALES

- | | |
|------------|----------------------|
| 4 eggs | $\frac{1}{2}$ t salt |
| 1 pt. milk | 2 tb sugar |
| 3 c flour | |

Beat eggs without separating. Add milk, and stir gradually into flour, sifted with salt and sugar. Beat very thoroughly, when half the liquid has been added. The eggs might be added with half the milk, as all the milk may not be needed. The batter should stand an hour after being mixed before the rosettes are fried. Heat the Rosette iron in hot fat. Dip into the batter to half its height, and return to the hot fat until the cake is cooked a delicate brown. Shake from the iron onto soft paper. Sprinkle with powdered sugar or spread the rosettes with jam or preserves, ornament with whipped cream and serve as a dessert. In winter the batter may be kept for days, and used as occasion requires, either for this or other purposes, as to coat quarters of banana for frying. Timbale cases are made in same way, using timbale iron instead of rosette iron.

CREAM CAKES OR PUFFS

- | | |
|----------------------------|-------------------|
| $\frac{1}{2}$ c shortening | 1 c flour |
| 4 eggs | 1 c boiling water |

Put shortening and water in sauce pan and place on stove.

As soon as boiling point is reached, add all of the flour at once, stir vigorously. Stir and cook well. Add unbeaten eggs one at a time, beating vigorously after addition of each egg. Drop by small spoonfuls on greased sheet, one and one-half inches apart, and shape with spoon as nearly circular as possible, heaping up in middle. Bake in moderate oven. Remove one to test. (If cakes are not well baked, they will shrivel and fall.) With sharp knife, make a cut in each, or remove slice from top. Fill with flavored whipped cream or a cornstarch filling.

BROWNIES

1 c brown sugar	1 square melted chocolate
$\frac{1}{2}$ c butter	$\frac{1}{2}$ c sour milk
1 egg	$1\frac{1}{2}$ c flour
$\frac{1}{2}$ c walnut meats	1 t soda

Mix by butter cake method. Bake in shallow pan in moderate oven. Cut in oblong pieces, one inch by two inches as soon as taken from oven or bake in small muffin tins.

PFEFFERNUESSE

1 lb. flour	1 t each cinnamon, allspice, cloves
4 large eggs	1 c chopped nuts
3 oz. chopped citron	2 t baking powder
grated rind of one lemon	1 lb. granulated sugar

Beat sugar and eggs together; sift flour, baking powder and spices together; mix all ingredients together. Make long roll. Cut in slices. Twist top of each to form a steeple. Place a walnut meat on top of each. Bake in hot oven. May be formed into small flattened cakes one inch in diameter. Butter the tips of fingers to keep dough from sticking. Recipe makes 60.

DARK PFEFFERNUESSE

1 lb. flour	1 tb nutmeg
4 eggs	1 tb grated chocolate
4 oz. citron	1 tb baking powder
Grated rind 1 lemon	1 lb. granulated sugar
1 t each cinnamon and cloves	

ANISE COOKIES

4 whole eggs	1 lb. flour
1 lb. sugar, beaten with eggs	$1\frac{1}{2}$ t baking powder
Grated rind of one lemon	

Make into a dough, roll $\frac{1}{4}$ inch thick, and cut with cookie cutter. Sprinkle anise seed in pan, then put in cookies. Bake in moderate oven.

LEB KUCHEN

1 qt. molasses	¼ lb. lemon peel
1 pt. sour cream	¼ lb. almonds or hickory nut
1 lb. brown sugar	meats
¼ lb. citron	¼ c butter & lard mixed
1 tb soda	1 tb each of cinnamon, allspice
	and nutmeg

Melt molasses, butter and sugar. Do not boil; let it cool; add cream and spices, fruit cut in small pieces and flour to make a stiff batter; spread in thin sheet in shallow pan; let stand over night in a cool place. Bake in a hot oven. Cut in squares. Ice, if desired, with confectioners' icing.

SPRINGERLIE

4 eggs	2 t baking powder
1 lb. sugar	¼ t salt
1 lb. flour	½ t anise seed

Beat eggs and sugar fifteen minutes. Then add flour sifted with baking powder. Roll dough one-half the thickness of a finger, i. e. ¼ of an inch. Flour the mold, then press on dough so as to have the impression of the form. Let stand over night; cut apart. Sprinkle with anise seed and bake. Anise seed may be stirred into the dough before it is rolled out. This recipe will make forty.

CHRISTMAS PRETZELS

½ lb. pulverized sugar	2 tb baking powder
½ lb. butter	4 tb sour cream
2 whole eggs	2 lbs. flour
2 egg-yolks	

Cream butter and sugar, beat in other materials. Let stand several hours; roll thin; cut with pretzel cutter; let stand over night; in morning beat one egg with a little milk, spread over pretzels and sprinkle with chopped nuts. Bake. This recipe will make about sixty.

CINNAMON STARS

The whites of 6 large or 7	1 lb. powdered sugar
small eggs not beaten	1 lb. ground almonds
2 t cinnamon	

Mix first 3 ingredients. Put aside about ¼ c for frosting. To the rest add finely ground almonds, not blanched. Roll a little at a time on a baking board, using flour and powdered sugar. Cut with star cutter. Bake in slow oven from 20 to 25 minutes. To the mixture set aside for frosting add enough powdered sugar to stiffen. Spread over surface of stars. This recipe will make 3 dozen.

LENGIN TORTE

½ lb. sugar	grated rind one lemon
½ lb. butter	¾ lb. flour
½ lb. almonds blanched and chopped	½ lb. citron
2 eggs	1 t cinnamon
2 egg yolks	½ t cloves

Mix in order given. Roll thin, cut in oblong shapes. Put together with lenginberry or cranberry jelly or jam. Bake in moderate oven. This will make three dozen cut 2 inches by 1 inch.

BERLINER KRANDSE

4 hard cooked egg yolks	1 lb. butter
4 raw yolks	1 ½ lbs. flour
1 c sugar	

Mix hard cooked egg well into the raw yolks until smooth. Add sugar and mix well. Wash butter and add it and flour alternately to eggs and sugar mixture. Knead well. Make into small wreaths, dip in white of egg and sugar and bake in slow oven. Makes about thirty.

SPRUTS

1 lb. butter	5 egg yolks
1 lb. sugar	2 egg whites
½ lb. almonds	½ t almond extract
4 c flour	4 t baking powder

Cream butter and sugar together, add egg yolks and egg whites beaten separately. Blanch and chop almonds very fine. Sift flour and baking powder together and add flour and nuts to egg, butter, and sugar mixture. When thoroughly mixed press through pastry bag in S shape. Full recipe makes over one hundred.

FATTIGMANDS BAKKELSE

7 egg yolks	7 t sweet cream
2 egg whites	juice ½ lemon
7 t sugar	flour for soft dough
7 t butter	

Mix into a soft dough. Roll **very** thin, cut in diamond shape and fry in deep fat; drain on soft paper and sprinkle with powdered sugar.

SAND BAKKELSE

1 c sugar	1 c lard and butter
1 egg	cardamon seed
1 t baking powder	flour to make a stiff dough

Make into stiff dough, bake on inverted fluted patty tins. Dough must be pressed onto pan in very thin sheet. May be baked on inside of tin. Full recipe makes 32.

HONEY CAKES (Basle, Switzerland)

Melt 2 oz. butter, add $\frac{1}{2}$ lb. honey, stirring well, take off the fire, and let cool. Add the minced rind of a lemon, 2 oz. sweet almonds, chopped fine, a little nutmeg, $\frac{1}{2}$ oz. soda, dissolved in a little water. Mix these well, and set in a cold place 12 hours. Roll out $\frac{1}{2}$ inch thick, cut into squares, decorate with nuts and chopped citron, then bake 25 min. in hot oven. This recipe makes 1 dozen.

ALMOND CAKES (Pithinies)

Blanch and pound 8 oz. sweet almonds and 1 oz. bitter almonds, add 6 tb of sugar and 8 eggs well beaten, 6 tb dry flour, and the zest or rind of a lemon. Add $\frac{1}{2}$ lb. butter, and stir all lightly. Pour into small buttered tins and let stand before baking, covered with paper, for $\frac{1}{2}$ hour.

FRENCH COOKIES

1 $\frac{1}{4}$ lbs. brown sugar	1 t cinnamon
3 eggs	1 t soda, dissolved in
$\frac{1}{2}$ lb. butter	$\frac{1}{4}$ c warm water
$\frac{1}{2}$ lb. almonds, blanched & cut in small slices	1 $\frac{1}{2}$ lbs. flour or more

Roll in long roll and let stand over night to harden. In morning cut in slices $\frac{3}{8}$ inch thick. Break almonds in two and put one half in each cookie. This makes a soft cookie; if cut very thin, it will make a crisp cookie.

BUTTER SCOTCH COOKIES

4 cups brown sugar	7 cups flour
4 eggs	1 tb soda
1 cup shortening	1 t cream of tartar

Cream sugar and butter, add eggs and flour mixed with soda and cream of tartar. Roll into long rolls. Let stand over night; slice and bake.

COCOANUT DROPS

Beat white of one egg. Add $\frac{1}{2}$ lb. of powdered sugar and 1 lb. of freshly grated cocoanut. Mold in cone shape and bake in moderate oven.

CITRON DROPS

$\frac{1}{2}$ lb. powdered sugar	$\frac{1}{4}$ lb. citron cut in small squares
whites of 3 eggs	
$\frac{1}{2}$ lb blanched almonds cut in strips	

Beat eggs, add powdered sugar and beat $\frac{1}{2}$ hr. Add citron and almonds and drop onto baking sheet and bake in slow oven. Makes 28.

ECCLES CAKES

$\frac{1}{2}$ c sugar	$\frac{1}{2}$ t cinnamon
1 c currants	2 tb grapejuice
$\frac{1}{3}$ c mixed candied peel	grated rind $\frac{1}{2}$ lemon

flakey pastry

Mix fruit, sugar, and flavoring together until smooth and sugar begins to melt. Roll out pastry $\frac{1}{4}$ inch thick and cut in rounds the size of a saucer. Place a spoonful of fruit in center of each round. Wet edges of crust and gather together over fruit. Turn smooth side uppermost on floured board; roll out rather thin; make two or three gashes in center to allow fruit to show through; brush over with milk; sprinkle with sugar; and bake ten or twelve minutes in moderately hot oven. Makes one dozen.

SCOTCH SHORT BREAD

2 c flour	$\frac{1}{2}$ c sugar
1 c butter	$\frac{1}{2}$ c blanched almonds

Sift flour twice, rub the butter well into it, add the sugar, and continue to mix until the ingredients form a dough without the addition of any liquid. Roll about $\frac{1}{2}$ inch thick, cut into rounds and press 3 or 4 halves of blanched almonds into each. Bake on flat pan in oven at 350 degrees until a pale golden brown. Makes 20 cookies three inches in diameter.

CHOCOLATE FUDGE COOKIES

1 c brown sugar	$\frac{1}{2}$ t soda
$\frac{1}{2}$ c milk	2 squares chocolate, melted
2 eggs	1 c nuts
$\frac{1}{2}$ c very soft butter	$\frac{1}{2}$ t vanilla
$1\frac{3}{4}$ c flour	

Mix as butter cake; add nuts last. Drop with teaspoon on buttered and floured baking sheet 2 inches apart. Bake in moderate oven. Cover with fudge frosting. Makes 30.

FUDGE

2 cups sugar	1 tb butter
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ t vanilla

1- $\frac{1}{3}$ squares chocolate

Make in usual way. Put in double boiler and soften to spread on cookies. Will not spread well cold.

CHOCOLATE COOKIES

1 c butter	4 t baking powder
2 c sugar	4 c flour
2 tb milk	6 oz. chocolate (6 squares)

4 eggs, beaten together

Make into cake dough, roll thin, cut in squares, and bake in moderate oven.

BUTTER COOKIES

½ lb. butter	1 ½ c sugar
6 egg yolks	2 t baking powder
about 1 lb. flour	grated rind ½ lemon

Roll thin and dip into sugar and cut almonds. Bake in moderate oven.

SYRUP COOKIES

1 qt. syrup	1 scant t soda
½ lb. lard or butter	flour to roll
1 lb. sugar	2 t cloves
¼ lb. ground almonds	cinnamon and cardamom mixed

Mix by cake method, roll thin and bake in slow oven.

SUGAR COOKIES

¾ c butter	¼ c milk
1 c sugar	2 t baking powder
1 egg	1 t vanilla
3 c flour	

Mix as for butter cakes. When dough is stiff enough to roll, turn onto a floured board and roll lightly about ¼ inch thick; cut and place on greased tin. Bake in moderate oven. Makes about three dozen.

Variations — **CHOCOLATE COOKIES** — 2 oz. melted chocolate added to butter, sugar, and egg. **JELLY COOKIES** — cut ½ the dough with biscuit cutter; cut the other half with doughnut cutter of same size. Place small spoonful of jelly in center of circles cut with biscuit cutter, wet the edges and cover with circles with hole in them. Press edges together and bake. **COCOANUT COOKIES** — add ½ c shredded cocoanut to sugar cookies. **FRUIT COOKIES** — add 1 c chopped raisins and currants to sugar cookies.

DATE STICKS

1 lb. dates, stoned & cut fine	1 c sugar
½ c chopped nut meats	1 t butter
1 c flour	1 t hot water
1 t baking powder	2 eggs well beaten

Mix by doughnut method. Spread thin on shallow baking tin and bake 15 min. Cool, cut in strips, and roll in powdered sugar. Makes about 30 one inch by three inches.

CAKE ICINGS AND FILLINGS

BOILED ICING

1 c sugar 1 egg white
1/3 c boiling water 1 t vanilla

Put sugar and water in saucepan and stir until sugar is dissolved. Then let syrup boil until it reaches 230 degrees F. Cool to 200 degrees F. Pour gradually over stiffly beaten egg white, beating constantly. Add vanilla and beat until cool and stiff enough to pile.

COOKED DECORATIVE ICING

Part 1

2 egg whites beaten
2 tb. sugar
1/2 t baking powder

Part 2

1 1/2 c sugar
1/2 c cold water

Part 3

1 egg white unbeaten

Boil ingredients of part 2 to hard crack stage (280 degrees F.) Beat ingredients of part 1 together until stiff. Pour part 2 onto part 1 and beat until quite stiff then add part 3 and beat and fold until it is smooth and will pile without sinking.

UNCOOKED DECORATIVE ICING

Practical Cooking and Serving—Hill

4 egg whites 1/4 t cream of tartar or
1 lb. confectioners' sugar 1 tb lemon juice

Beat whites with 1/4 c sugar three minutes. Add another 1/4 c sugar and cream of tartar and beat again for three minutes. Continue adding sugar a small amount at a time beating after each addition. When all sugar has been added continue beating until a knife cut down into frosting makes a clean cut that will not close.

TWICE COOKED FROSTING

1 c sugar 1/2 c water
1/16 t cream of tartar 1/6 c egg white

Rub cream of tartar into sugar. Stir into water. Put on to boil slowly. Stir only while sugar is dissolving. Keep crystals down from sides with damp cloth over fork. Boil until a long, fine thread is spun on testing (hard ball stage). Beat egg white. Beat in syrup slowly, pouring with fine stream and beating with dover beater. When hard enough to form ribbons on surface

as poured from spoon it is ready to set over boiling water. Stir frosting constantly and when it begins to puff up or when it is soft and fluffy throughout and spoon grates a bit on side of receptacle, remove and spread on cake.

This makes the frosting of a softer consistency—more like a marshmallow mixture. It glazes over the top and remains soft throughout. The testing is much safer than for the once boiled frosting where the soft ball stage of syrup is desired.

CHOCOLATE FROSTING

Boston Cooking-School Cook Book

1½ squares chocolate	1 egg yolk
1/3 c scalded cream	½ t melted butter
spk salt	½ t vanilla
confectioners' sugar	

Melt chocolate over hot water, add cream gradually, then salt, yolk of egg and butter. Stir in confectioners' sugar until right consistency to spread, then add flavoring.

FUDGE FROSTING

2 c sugar	2 squares chocolate
2/3 c milk	2 tb. butter

Make into fudge. Soften over hot water, stirring while it is softening. Spread on cake. If it becomes too thick it may be thinned with white Karo or with "Satin Syrup."

SATIN SYRUP

Our Candy Recipes—Van Arsdale

½ c sugar	2 tb white corn syrup
½ c water	1 tb glycerine

Put sugar, corn syrup and water into saucepan and cook, stirring until sugar is dissolved. Continue cooking, without stirring, until the temperature 220° F. is reached. Skim, and, if necessary, strain through cheese cloth. Cool to 180° F. and add glycerine. Seal in sterilized jar and keep in cool place.

MOCHA FROSTING

1/3 c butter	1 tb strong boiled coffee
1½ c confectioners' sugar	½ tb cocoa

Cream butter and add sugar gradually, cream well together add cocoa then coffee, drop by drop until of the right consistency to spread. Small cakes may be iced with this frosting then rolled in chopped nuts or cocoanut. The tops of the cakes may be ornamented with this frosting put through the pastry tube.

CARAMEL ICING I

1 c sugar ½ tb butter
¼ c milk 1 t vanilla
½ c sugar for caramelizing

Caramelize one-half c sugar and add to sugar and milk. Cook till it forms soft ball in water. Remove and add butter and vanilla. Beat till thick enough to spread.

CARAMEL ICING II

2 c brown sugar 1 c sweet cream or milk

Mix well, boil slowly till it forms a soft ball. Remove from the fire, cool a little, flavor, and beat till thick enough to spread. Use vanilla for flavoring. Add butter if milk is used.

FIG FILLING

½ lb. figs finely chopped 1/3 c boiling water
1/3 c sugar 1 tb lemon juice

Mix in order given and cook in double boiler until thick enough to spread. Spread while hot. Figs may be put through chopper.

FILLING FOR LADY BALTIMORE CAKE

To three times the recipe for boiled icing add 1 c chopped raisins, 1 c chopped nuts, 5 figs cut in small pieces and ½ c candied cherries chopped. Spread this filling between the layers of any white cake and frost the outside with a boiled frosting or twice cooked frosting.

LEMON FILLING

Boston Cooking-School Cook Book

1 c sugar ¼ c lemon juice
2½ tb flour 1 egg
grated rind 2 lemons 1 t butter

Mix sugar and flour, add grated rind, lemon juice, and egg slightly beaten. Put butter in sauce pan; when melted, add mixture, and stir constantly until boiling-point is reached. Care must be taken that the mixture does not adhere to the bottom of the saucepan. Cool before spreading.

BREAKFAST BREADS

BERRY MUFFINS

2 c flour	1 egg
$\frac{1}{4}$ t salt	1 c milk
3 t baking powder	2 t fat (melted)
$\frac{1}{4}$ c sugar	1 c berries

Mix as plain muffins, add berries last, dusting them with a little flour. Bake in hot oven. If canned berries are used, drain thoroughly and let dry out. Cherries may also be used.

BRAN MUFFINS

$\frac{1}{2}$ t soda	$\frac{1}{2}$ t baking powder
1 c flour	4 t sugar
1 c bran	salt
1 c milk	1 egg
	2 tb shortening

Mix by muffin method. Bake in quick oven.

CORN MUFFINS

1 c corn meal	$\frac{3}{4}$ t salt
1 c flour	1 c milk
4 tb sugar	1 egg
5 t baking powder	2 tb fat

Mix by muffin method. Bake in hot oven twenty minutes.

BREAD CRUMB GRIDDLE CAKES

2 c bread crumbs	1 egg
1 pt. thick sour milk	1 t soda
1 c flour	$\frac{1}{2}$ t salt

Soak crumbs in cold water, wring out water, and stir with the flour into milk. Let stand over night; then add beaten egg, salt, soda, dissolved in a tablespoonful of cold water, and more flour or liquid as required.

RICE GRIDDLE CAKES

1 c warm boiled rice	1 t melted fat
1 c milk	2 eggs (separated)
$\frac{1}{2}$ t salt	

Mix thoroughly and add enough flour to hold the rice together in a thin batter. Bake on a hot greased griddle.

WAFFLES—SOUR MILK

1 $\frac{1}{4}$ c flour	2 egg yolks
$\frac{1}{2}$ t salt	3 tb melted fat
$\frac{1}{2}$ t soda	2 egg whites
1 c thick sour milk	

Sift flour, salt, and soda. Add yolks well beaten and mixed with sour milk, melted fat, and lastly, whites beaten stiff. Have both sides of the waffle iron hot and well greased. Put a tablespoonful of mixture in each compartment near center, let down top. Turn over to brown other side. Remove with a fork.

WAFFLES—SWEET MILK

1 $\frac{3}{4}$ c flour	3 tb melted fat
3 t baking powder	1 c milk
$\frac{1}{2}$ t salt	2 eggs separated

Mix and sift dry ingredients. Add milk gradually and yolks of eggs well beaten and whites beaten stiff.

DATE ROLLS

2 c flour	1 egg
$\frac{1}{2}$ t salt	$\frac{3}{4}$ c milk
4 t baking powder	1 tb sugar
3 tb shortening	$\frac{1}{2}$ c chopped dates

Make as baking powder biscuits. Roll dough one-fourth inch thick, spread with softened butter, sprinkle with sugar and dates. Roll up, cut off one inch slices. Bake 15 to 18 minutes. Brush with sugar and water, then brown.

GRAHAM NUT BREAD

2 c sour milk	1 c nut meats
$\frac{1}{2}$ c sour cream	3 c graham flour
1 t salt	1 c white flour
1 t soda	1 c sugar or less

In place of sour milk, cream, and soda, 2 $\frac{1}{2}$ c sweet milk with 5 t baking powder and 3 tb shortening may be used, if desired. Mix dry ingredients. Add cream to sour milk and combine mixtures. Mix well. Add nut meats cut fairly small and rolled in flour. Bake in a slow oven 40-60 minutes. (Raisins may be used in place of nuts.)

RAISIN BREAD

2 c flour	2 tb shortening
$\frac{1}{2}$ c sugar	$\frac{3}{4}$ c raisins, dates or nuts
$\frac{1}{2}$ t salt	$\frac{1}{2}$ c milk
3 t baking powder	1 egg

Make as baking powder biscuit. Add fruit to dry materials after shortening is in. Add beaten egg to milk. Combine. Shape into loaf. Bake 20 to 30 minutes, or steam. Steamed makes good pudding. It is better baked, for bread.

CREAM SCONES

2 c flour	4 tb shortening
4 t baking powder	2 eggs
2 t sugar	1/3 c cream
1/2 t salt	

Mix and sift together flour, baking powder, sugar, and salt. Rub in shortening; add eggs well beaten, and cream. Toss on a floured board, pat, and roll to three-fourths inch in thickness. Cut in squares, brush with white of egg, sprinkle with sugar, and bake in a hot oven fifteen minutes.

DRY TOAST

Cut stale bread in even slices of $\frac{1}{4}$ to $\frac{1}{2}$ inch in thickness. Place over fire on rack or toaster and heat until an even golden brown on all sides. Turn frequently to prevent curling.

CINNAMON TOAST

Cut stale bread in finger shaped pieces with crusts removed. Toast, spread with butter and then with a mixture of sugar and cinnamon, using three parts sugar to one of cinnamon. Place in oven until sugar has melted.

MILK TOAST

Dip slices of dry toast into a thin white sauce, place on hot platter and pour remaining sauce over toast.

TOMATO CREAM TOAST

Make a medium thick tomato sauce, neutralize acid with soda and add $\frac{1}{3}$ as much cream as you have sauce. Dip slices of toast into this and serve same as milk toast.

FRENCH TOAST OR FRIED BREAD

Beat three eggs slightly, add one cup milk and $\frac{1}{2}$ t salt. Dip slices of bread into this mixture, drain and cook on well greased griddle until brown on both sides. Serve with maple syrup. Two tb sugar may be added to the egg and milk if desired.

YEAST BREADS

DUTCH APPLE CAKE

1 c scalded milk	flour
1/3 c fat	melted fat
1/3 c sugar	5 sour apples
1/3 t salt	¼ c sugar
1 yeast cake	½ t cinnamon
2 eggs	2 tb currants

Mix first four ingredients. When lukewarm, add yeast cake, eggs unbeaten, and flour to make a soft dough. Cover, let rise, beat thoroughly, and again let rise. Spread in greased dripping-pan as thinly as possible and brush over with melted fat. Pare, cut in eighths, and remove cores from apples. Press sharp edges of apples into dough in parallel rows lengthwise of the pan. Sprinkle with currants and sugar mixed with cinnamon. Cover, let rise, and bake in a moderate oven thirty minutes. Cut in squares and serve hot or cold with whipped cream, sweetened and flavored.

CURRANT BUNS

Make sponge same as for bread	To each cup of liquid used, add ½ t salt
¼ c melted shortening	½ c currants (well cleaned)
½ c scalded milk	2 c flour
¼ c sugar	

To sponge, add other ingredients to make dough. Let rise. Shape like biscuits and let rise again. Bake in quick oven. Brush over with a mixture of confectioners' sugar moistened with boiling water and flavored, if desired. If glazing is desired, brush over with beaten egg before baking.

HOT CROSS BUNS

1 c scalded milk	½-1 yeast cake
2 tb shortening	¼ tb cinnamon
¼ c sugar	3 c flour
½ t salt	2 eggs beaten
	¼ c chopped raisins or currants

Add shortening, sugar, and salt to milk. When lukewarm, add yeast, cinnamon, flour, and egg well beaten. When mixed, add raisins, cover and let rise over night. In the morning shape in form of large biscuits, place in greased pan one inch apart, let rise, brush over with beaten egg and bake 20 to 30 minutes. Cool and mark cross with frosting. May score cross before baking, or use paper cross.

These may be shaped from plain roll mixture.

CRESCENTS

Make sponge, using two c liquid as basis. Let rise over night. In the morning add two tb sugar, $\frac{1}{2}$ c shortening, and flour enough to knead. Make a very stiff dough. Roll dough one-eighth inch thick and cut in strips about seven inches wide. Cut these into squares, and then cut squares in two, making two triangles about 10 inches at base. Then commencing at base, roll them up. Bring ends toward each other to form crescent shape, keeping the point in middle of roll. Place on pan some distance apart. When light, brush tops with warm water, and bake from 15 to 20 minutes. Glaze or sprinkle with poppy seed before baking.

POTATO MUFFINS

2 small potatoes boiled and put through sieve	1 tb sugar 1 t salt
1 cake yeast	flour
2 eggs, well beaten	1 c liquid
1 tb fat	

Mix as stiff as can be easily mixed with a spoon. Let stand in a warm place about 5 hours. Roll out without adding any more flour than is absolutely necessary. Roll about $\frac{3}{4}$ to 1 inch thick. Cut with biscuit cutter. Place on buttered pans. Let stand 2 hours. Bake in hot oven about 10 minutes. This recipe makes about 25 muffins.

RAISED MUFFINS

1 c scalded milk	$\frac{3}{4}$ t salt
1 c warm water	$\frac{1}{4}$ yeast cake
2 tb shortening	1 egg
$\frac{1}{4}$ c sugar	4 c flour

Add shortening, sugar, and salt to milk and water. When lukewarm, add yeast, then egg well beaten, and flour. Beat thoroughly, cover, and let rise over night. In the morning, fill buttered muffin rings two-thirds full. Let rise until rings are full, and bake 50 minutes in hot oven or put buttered muffin rings on hot greased griddle. Fill half full with mixture and cook slowly until well risen and brown. Turn muffins and rings, and brown other side. Split muffins, toast on both sides and serve with orange marmalade.

SWEDISH ROLLS

4 tb sugar	$\frac{3}{4}$ t salt
6 tb shortening	$3\frac{1}{2}$ c flour
1 egg	1 c milk
$\frac{1}{8}$ c nuts	$\frac{1}{4}$ c raisins
1 yeast cake	

Set sponge using 1 c liquid and let rise over night. In morning add above ingredients and let rise. When light, roll out in

rectangular shape one-fourth inch thick, spread with soft butter, sugar, cinnamon and currants, or chopped raisins. Roll like jelly roll. Cut in pieces three-fourths inch thick. Place in buttered tin a short distance apart. When light, bake about a half hour. Brush over with yolk of egg, diluted with milk or with sugar dissolved in milk, and return to oven to brown.

SWEDISH TEA RING

Shape sweetened dough in oblong shape, about 10 to 18 inches, and rolled as thin as possible with rolling pin. Brush with melted shortening, sprinkle with sugar and chopped almonds, cinnamon, raisins, or currants. Roll like jelly roll. Join ends to form a ring. Place on greased sheet. Cut with scissors from outer part of roll toward center, but not entirely to center. Cut in half inch slices. Then shape these by pulling out and flattening down, one over the other. Brush over with yolk of one egg slightly beaten and diluted with $\frac{1}{2}$ tb cold water. Sprinkle with finely chopped almonds, if desired. Bake in moderate oven.

ENGLISH BATH BUNS

1 c milk	3 c flour
2 yeast cakes	$\frac{1}{4}$ c butter
$\frac{1}{2}$ c sugar	$\frac{1}{2}$ t salt
1 c almonds	3 eggs

Add 1 tb sugar, salt and yeast to scalded milk when it is luke warm. Stir in flour, beat well, add eggs one at a time and beat well. Let rise one hour then add the rest of the sugar and the almonds which have been blanched and cut in strips. Reserve enough almonds to place three in the bottom of each muffin cup. Let rise 30 minutes, put into muffin tins and when light bake in hot oven twenty minutes.

BUTTERSCOTCH ROLLS

Put a layer of brown sugar $\frac{1}{4}$ inch thick in bottom of buttered shallow pan. Dot with bits of butter. Place Swedish tea rolls, cut side down on the sugar. When light, bake in moderate oven twenty-five minutes. Turn immediately upside down on plate. Let stand one minute then lift the pan and the syrup formed from the sugar and butter will coat the surface of the rolls. Pecan meats may be scattered over the sugar before the rolls are put in.

RAISED DOUGHNUTS

1 c milk	1 c light brown sugar
$\frac{1}{4}$ yeast cake	2 eggs
$\frac{1}{4}$ c lukewarm water	$\frac{1}{2}$ grated nutmeg
1 t salt	flour
$\frac{1}{3}$ c shortening	

Scald and cool milk; when lukewarm, add yeast cake dissolved in water, salt, and flour enough to make stiff batter; let rise over night. In morning add melted shortening, sugar, eggs well beaten, nutmeg, and enough flour to make stiff dough; let rise again, and if too soft to handle, add more flour. Toss on floured board, pat, and roll to three-quarters inch thickness. Shape with cutter, and work between hands until round. Place on floured board, let rise one hour, turn, and let rise again; fry in deep fat, and drain on brown paper. Cool, and roll in powdered sugar.

PASTRY

FLAKEY PASTRY

2 c flour

$\frac{2}{3}$ c shortening

$\frac{1}{2}$ t salt

$\frac{1}{2}$ c water

Use pastry flour. Sift salt and flour. Cut in $\frac{1}{4}$ c shortening and mix with about one-half cup ice water into stiff dough. Roll out in rectangular shape, and spread with 2 tb butter. Fold sides toward middle, then fold ends toward middle, and double again. Let stand covered ten minutes. Pat and roll out again. Repeat this process with rest of butter. Keep as cold as possible. More shortening may be used, if desired.

PUFF PASTRY

1 lb butter

ice water

1 lb flour

Wash butter and pat and fold until no water flies from it. Add ice water to the flour to make a stiff dough, then knead on the board for five minutes. Cover with cloth and let stand five minutes. Roll out one-fourth inch in thickness and have dough oblong in shape with square corners. Use fingers to pull dough into shape if it does not roll easily. Take one-third of the butter and spread it over one-half of the dough. Turn the other half of the dough over it and seal with the hand. Let stand five minutes, then fold in S shape. Roll out in oblong shape, fold ends to center then double, making four layers. Roll out in oblong shape and add another third of the butter. Repeat all of these processes until all of butter has been used, letting dough stand covered in cool place after the addition of each amount of butter and oftener if the dough seems the least bit sticky. Fold as much air into the dough as possible each time and keep the layers of dough as distinct as possible. Puff paste should be chilled after shaping for at least one-half hour before baking. Bake in hot oven and turn frequently that it may rise evenly. Pan for baking puff paste should be lined with double thickness of brown paper.

PATTY OR PASTRY SHELLS

Boston Cooking-School Cook Book

Roll puff paste $\frac{1}{4}$ inch thick, shape with patty cutter, first dipped in flour. Remove centers from one-half of the rounds with a small cutter. Wet outer edge of larger pieces with water, fit on rings, pressing lightly.

VOL-AU-VENT

Vol-au-vents are made the same as patty shells except that they are usually oval in shape and much larger. The center piece is rolled thinner, to the size of the vol-au-vent and baked separately to use as a cover.

CREAM HORNS

Cut strips of puff paste $\frac{3}{4}$ inch wide and six inches long. Roll this over a cone of paper or over a wooden cone made for the purpose, have edges overlapping. Bake in hot oven, until well puffed and brown. Remove from form and when cool fill with whipped cream, sweetened and flavored.

APPLE PIE

- | | |
|-----------------------|--|
| 4 or 5 sour apples | 1 t butter |
| $\frac{1}{2}$ c sugar | 1 t lemon juice |
| $\frac{1}{8}$ t salt | 3 whole cloves or $\frac{1}{4}$ t cinnamon |

Line pie pan with paste. Pare, core, and slice apples. Put pieces of apples around plate, in regular order, not too close to edge, and work toward center until pan is filled. Pile slightly in center. Mix sugar, salt, lemon juice, cinnamon (if used), and sprinkle over apples. Dot with butter. Cover with upper crust.

MINCE MEAT

- | | |
|---|----------------------------------|
| 4 lbs. beef tongue or tender-loin | 3 lbs currants |
| 3 lbs. suet (kidney) | 10 large apples |
| 3 lbs. brown sugar | 2 lbs. citron |
| 3 lbs. raisins | 4 lemons, juice and grated rind |
| 1 oz. each of ground mace, grated nutmeg, ground cin- | 4 oranges, juice and grated rind |
| namon and ground cloves | 1 qt. liquid |
| | 1 pt. boiled cider |

Pare, core, and chop apples. Cut up raisins. Shave citron very thin. This is accomplished more easily, if it is first thoroughly softened by steaming. Candied orange or lemon peel may be substituted for part or all of citron. Liquid may be grape juice, or juice of sweet pickles or canned fruit.

PINEAPPLE PIE

- | | |
|-----------------------|--------------------------------------|
| $\frac{3}{4}$ c sugar | 1 c grated pineapple, juice and pulp |
| 2 tb flour | 2 eggs |

Sift sugar and flour. Heat pineapple juice to boiling point. Gradually add sugar and flour mixture. Cook 10 minutes. Remove from fire. Cool slightly. Add egg yolks. Stir. Cool. Fill into baked pie shell. Cover with meringue.

PUMPKIN PIE

- | | |
|--|------------------------|
| 1 $\frac{1}{2}$ c steamed and strained pumpkin | $\frac{1}{2}$ t ginger |
| $\frac{2}{3}$ c sugar | $\frac{1}{2}$ t salt |
| 1 t cinnamon | 3 eggs |
| | 2 c milk |

Mix in order given. Pour into unbaked lower crust. Bake like custard pie. Cream may be substituted for part of milk. Nutmeg and mace may be added, if desired.

PUDDINGS

APPLE PUDDING

2 c flour	2 tb butter
4 t baking powder	$\frac{3}{4}$ c milk
$\frac{1}{2}$ t salt	4 apples cut in eighths

Mix and sift dry ingredients; work in butter with tips of fingers; add milk gradually, mixing with a knife; toss on floured board; pat and roll out; place apples on middle of dough; sprinkle with one tablespoon sugar, mixed with one-fourth teaspoonful each of salt and nutmeg; bring dough around apples, and carefully lift into buttered mold or five-pound lard pail; or apples may be sprinkled over dough, and dough rolled like jelly roll; cover closely; and steam one hour and twenty minutes; serve with vanilla sauce. Twice the number of apples may be sprinkled with sugar and cooked until soft, in granite kettle placed on top of range, covered with dough, rolled size to fit in kettle, then kettle covered tightly and dough steamed 15 minutes. When turned on dish for serving, apples will be on top.

STEAMED BLUEBERRY PUDDING

Mix and sift dry ingredients and work in butter same as for steamed apple pudding. Add one cup each of milk, and blueberries rolled in flour; turn into buttered mold and steam one and one-half hours. Serve with a sauce.

CHOCOLATE PUDDING I

3 eggs	5 tb grated chocolate
1 c sugar	5 tb milk
1 c flour	spk salt
1 t baking powder	

Method same as for orange snow drops.

CHOCOLATE PUDDING II

3 tb shortening	$1\frac{3}{4}$ c flour
$\frac{2}{3}$ c sugar	$4\frac{1}{2}$ t baking powder
1 egg	$1\frac{1}{2}$ t salt
1 c milk	$2\frac{1}{2}$ squares chocolate

Cream shortening, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, add alternately with milk to first mixture. Then add melted chocolate. Turn into buttered molds. Cover and steam two hours. Serve with chocolate sauce.

FIG PUDDING

$\frac{1}{2}$ c sugar	2 c flour
4 tb shortening	4 t baking powder
2 eggs	$\frac{1}{2}$ lb figs
1 c milk	

Method is the same as for butter cake. Add the floured figs just before adding beaten whites. Steam in buttered molds 45 minutes.

GRAHAM PUDDING

$\frac{1}{4}$ c shortening	1 $\frac{1}{2}$ c graham flour
$\frac{1}{2}$ c molasses	$\frac{1}{2}$ t soda
$\frac{1}{2}$ c milk	1 t salt
1 egg	1 c raisins, cut

Melt shortening, add molasses, milk, egg well beaten, dry ingredients sifted, and raisins. Steam one and one-half hours.

ORANGE SNOWDROPS

3 egg yolks	1 c flour
1 c sugar	1 $\frac{1}{2}$ t baking powder
3 tb water	spk salt
2 tb orange juice and grated rind	3 egg whites

Beat egg yolks and sugar well, add water, orange juice, flour, baking powder and salt sifted together; fold in stiffly beaten whites. Steam in buttered cups 45 minutes. Serve with orange sauce.

CUSTARD SOUFFLE

3 tb butter	4 eggs
2 tb cornstarch	$\frac{1}{4}$ c sugar
1 c scalded milk	

Melt butter, add cornstarch, and gradually hot milk. When well thickened, pour onto yolks of eggs beaten until thick and lemon colored, and mixed with sugar; cool; cut, and fold in whites of eggs beaten stiff and dry. Turn into buttered pudding dish, and bake from 30 to 35 minutes in slow oven; take from oven and serve at once with creamy or foamy sauce. If not served immediately, it is sure to fall.

PLUM PUDDING

1 lb. suet	2 t cinnamon
1 lb. raisins	1 t allspice
1 lb. currants	$\frac{1}{2}$ t nutmeg
$\frac{1}{2}$ lb. citron	$\frac{1}{2}$ t mace
$\frac{1}{4}$ lb. orange peel	1 $\frac{1}{2}$ t soda
$\frac{1}{4}$ lb. lemon peel	10 eggs
$\frac{1}{4}$ lb. shredded almonds or pecans	1 pt. milk
2 t salt	$\frac{1}{2}$ c juice from canned fruit, or cider
1 lb. light brown sugar	
generous lb. bread flour or $\frac{1}{2}$ lb. flour and $\frac{1}{2}$ lb. crumbs	

Mix cleaned and chopped fruits. Mix milk and eggs. Mix spices, soda, salt, and suet. Combine mixtures. Steam six to eight hours in buttered molds, or put into pudding bags and boil. May be made into individual molds. To serve, decorate with sprig of holly. Serve with hard sauce. Recipe makes four large puddings. Each will serve 12.

SNOWBALLS

$\frac{1}{4}$ c shortening	a little salt
$\frac{1}{2}$ c sugar	2 egg whites
1 c flour	$\frac{1}{4}$ c milk
2 t baking powder	

Cream shortening and sugar; mix and sift flour, baking powder, and salt together. Add milk and dry ingredients alternately, and whites of eggs last. Flavor to taste with orange, lemon, or nutmeg. Fill greased cups about one-third full. Steam about 45 minutes, roll in powdered sugar, and serve with sauce or fruit. Serves eight.

BATTER PUDDING

2 c flour	1 egg
3 t baking powder	$\frac{3}{4}$ c milk
$\frac{1}{2}$ t salt	3 tb butter
$\frac{1}{3}$ c sugar	1 qt. canned peaches

Mix by batter method of mixing. Drain most of the juice from the peaches and arrange them in the bottom of the greased baking dish. If peaches are not sweet enough, add more sugar. Pour batter over peaches. Cover and steam 2 hours or bake in a moderate oven until crust pulls away from the sides of the tin and feels firm when pressed with the finger. When pudding is done, turn upside down on a plate and serve with lemon sauce, hard sauce, or cream. Fresh peaches, fresh or stewed apples, cherries, strawberries, stewed dried apricots may be used instead of peaches.

APPLE MERINGUE PUDDING

1 pt. hot apple sauce	1 tb butter
$\frac{2}{3}$ t cinnamon	2 tb powdered sugar
$\frac{1}{3}$ t nutmeg	2 eggs
$\frac{1}{2}$ c sugar	

Add spice, sugar and butter to the hot apple sauce. Pour onto the beaten yolks of the eggs, stirring constantly. Pour into buttered pudding dish and bake ten minutes in moderate oven. Make a meringue of the whites, pile lightly on the pudding and return to the oven to brown the meringue. Serve hot or cold with whipped cream, cream and sugar or custard sauce.

SUET PUDDING

The New Butterick Cook Book

3 c flour	1 t salt
1 t soda	1 c suet
1 t cinnamon	1 c sour milk
1 t cloves	1 c molasses
1 t nutmeg	1 c raisins

Mix and sift dry ingredients, keeping $\frac{1}{2}$ c flour to mix with the raisins. Chop the suet fine and add to the milk and molasses. Combine the two mixtures and add the raisins which have been dredged with flour. Grease pudding molds or baking powder cans and fill $\frac{2}{3}$ full of the mixture. Cover and steam for three hours. Serve with hard sauce or any desired liquid sauce.

CHARLOTTE RUSSE

1 tb granulated gelatine	4 tb sugar
$\frac{1}{4}$ c cold water	1 c cream
$\frac{1}{4}$ c boiling water	1 t vanilla

Hydrate gelatine, dissolve in hot water, strain and add sugar and vanilla. Cool, and when slightly thickened fold in the stiffly beaten cream. Line molds with slices of sponge cake or halves of lady fingers. Pour in charlotte russe mixture. Chill, and serve on chilled plates. Whipped, sweetened and flavored cream may be used instead of the gelatine mixture.

CHOCOLATE CHARLOTTE

$\frac{1}{4}$ box gelatin or 1 tb granulated gelatin	3 tb hot water
$\frac{1}{4}$ c cold water	$\frac{2}{3}$ c powdered sugar
$\frac{1}{3}$ c scalded cream	whip from 3 c cream
$1\frac{1}{2}$ sq. Baker's chocolate	1 t vanilla
	6 lady fingers

Melt chocolate by placing in a small saucepan set in a larger saucepan of boiling water, add half the sugar, dilute with boiling water, and add to gelatin while hot. Proceed same as in recipe for charlotte russe.

ORANGE CHARLOTTE

$1\frac{1}{3}$ tb gelatin	3 tb lemon juice
$\frac{1}{3}$ c cold water	1 c orange juice
$\frac{1}{3}$ c boiling water	whites of 3 eggs
1 c sugar	whip from 3 c cream

Hydrate gelatin. Dissolve in hot water, strain, add sugar, lemon and orange juice, chill until it sets slightly. Beat until foamy. Add whites beaten stiff and fold in whip from cream. Line molds with sections of orange or lady fingers held in place by a little gelatin. Turn in mixture. Chill. Dip molds in hot water and turn out.

JELLIED PRUNES

1/3 lb. prunes	1/2 box gelatin or 2 1/2 tb granu-
2 1/2 c cold water	lated gelatin
boiling water	1 c sugar
	1/4 c lemon juice

Pick over, wash, and soak prunes for several hours in two cups of cold water, and cook in same water until soft; remove prunes; stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatin in half cup cold water, dissolve in hot liquid, add sugar, and lemon juice. Strain, add prunes, mold, and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.

IRISH MOSS BLANC MANGE

1/4 c Irish moss	1/3 t vanilla
1 1/2 c cold water	salt

Pour cold water over moss and let stand 20 minutes; drain; pick over moss, discarding colored pieces; add to milk and cook in double boiler 15 to 20 minutes. Milk should be but very slightly thickened. Strain, add salt and vanilla. Strain a second time into small molds dipped in cold water. Serve with sugar and creamy or soft custard.

PINEAPPLE CORNSTARCH MOLD

2 c milk	3 tb sugar
1/3 can grated pineapple	2 egg whites
4 tb cornstarch	spk salt

Mix corn starch and 1/4 c cold milk. Scald the remainder of the milk with the salt and sugar. Add the cornstarch and stir constantly until thickened. Let cook over hot water for thirty minutes. Remove from the stove, add the pineapple and fold in the stiffly beaten egg whites. Mold and serve with whipped cream or custard sauce.

MAPLE WALNUT PUDDING

2 c water	1/4 c cold water
1/3 t salt	3 egg whites
1 c brown sugar	1/2 c walnut meats cut fine
1/3 c cornstarch	

Put first three ingredients in upper part of double boiler directly over the fire. When boiling add the cornstarch which has been mixed with cold water. Boil until thick, stirring constantly, then place over hot water and cook twenty minutes. Pour onto the stiffly beaten egg whites, beat with Dover beater and add the nuts. Mold, chill and serve with cream or custard sauce.

FROZEN DESSERTS

APRICOT ICE

1 qt. cooked apricots 1½ - 2 c sugar

Strain the liquor and add enough water to make one qt. Then add pulp, rubbed through strainer. Add one-half cup whipped cream when quite well frozen.

CRANBERRY ICE

4 c water 2 tb lemon juice
2 c sugar 2 c cranberry juice

Cook cranberries and press through cheesecloth. Add sugar and dissolve well. Flavor and freeze. Add raisins to represent seeds.

MINT ICE

2 c sugar juice of 2 lemons
1 qt. water 3 tb dried mint

Make syrup of sugar and water and pour this over mint. Allow to cool, then strain. Add lemon juice and little green coloring, if desired. Serve with meat course of lamb or mutton.

GRAPE SHERBET

4 c milk juice 2 lemons
1½ sugar 2 t gelatin
1 pt. grape juice

Heat grape juice, dissolve gelatin and strain. Add other ingredients and freeze very hard.

ORANGE MILK SHERBET

juice 6 oranges 5 c sugar
juice 6 lemons 3 qts. milk

Scald milk, chill and dissolve sugar in it. Add juices, freeze.

PINEAPPLE SHERBET

1 can grated pineapple 1 tb gelatin
1 c sugar 1 qt. water or milk
juice of 2 lemons

Make syrup, add hydrated gelatin and fruit, freeze.

PEANUT ICE CREAM

Add to two quarts plain ice cream one cup peanut butter, or one cup peanuts, ground or chopped fine.

TUTTI FRUTTI ICE CREAM

- | | |
|--------------|----------------------|
| 1 c sugar | 1 c roasted nuts |
| 2 qts. cream | 1 c candied cherries |
| 3 egg yolks | |

Caramelize sugar and dissolve in cream. Add egg yolks. When partly frozen, add nuts and cherries, cut in pieces.

ANGEL PARFAIT

- | | |
|-----------------------|-----------------|
| 1 c sugar | 2 c heavy cream |
| $\frac{3}{4}$ c water | 1 tb vanilla |
| whites 3 eggs | |

Boil sugar and water until it threads. Pour slowly over beaten whites, beat until cold. Add whip from cream. Pack three or four hours. May be molded with strawberry sherbet and raisins.

CHOCOLATE MOUSSE

- | | |
|--------------------------------|-----------------------|
| 2 squares chocolate | 3 tb boiling water |
| $\frac{1}{2}$ c powdered sugar | $\frac{3}{4}$ c sugar |
| 1 c cream | 1 t vanilla |
| $\frac{3}{4}$ tb gelatin | 1 qt. whipped cream |

Melt chocolate, add powdered sugar, then cream. Stir over fire until boiling point is reached. Then add gelatin softened, sugar, and vanilla; strain, cool in ice water till mixture thickens, then add whipped cream. Pack in mold. Freeze three or four hours.

BISCUIT GLACE

The New Butterick Cook Book

- | | |
|-----------------------|----------------------|
| 1 c sugar | 3-1/3 c cream |
| $\frac{1}{4}$ c water | 1 t vanilla |
| 4 egg yolks | pulverized macaroons |

Make a thick syrup of the sugar and water. Beat the yolks of the eggs and add the syrup and one-half the cream. Place all in a saucepan over a slow fire or in double boiler, and stir constantly until it forms a thick coating on the spoon. Empty into a mixing bowl, set on ice and beat until it is cold and stiff. Then add the remainder of the cream beaten very stiff. Flavor with vanilla or any desired extract. Pack the mixture in small paper boxes, sprinkle with pulverized macaroons and set in a covered container. Pack in ice and salt and let stand for four hours.

TO MOLD ICE CREAM

Have ice cream frozen quite hard. Chill mold. Pack mold with ice cream level full, cover with waxed paper and put on the cover. Dip a strip of cheesecloth in melted fat. Seal the mold with the cheesecloth and when fat has hardened, completely surround the mold with ice and salt and let stand for an hour or two. To unmold, remove from the ice and salt, wash quickly in cold water, remove the strip of cloth then the cover and waxed paper, and turn the ice cream onto a platter that has been chilled.

SAUCES FOR PUDDINGS AND ICE CREAM

CHOCOLATE SAUCE I

½ oz. chocolate	2 eggs
1/3 c sugar	½ c double cream
2 tb hot water	¼ t cinnamon
½ c hot milk	½ t vanilla

Melt chocolate, add sugar and hot water, and cook until smooth and glossy. Add milk. Beat eggs. Combine as for a custard, strain. When cold, add flavoring and whipped cream.

CHOCOLATE SAUCE (FOR ICE CREAM OR PUDDINGS) II

1 c sugar	1 t vanilla
½ c boiling water	2 oz. melted chocolate

Melt sugar in boiling water, cover, and let boil several minutes. Uncover and boil until syrup threads. When cool, beat to a cream, and set over a dish of hot water. Add vanilla and melted chocolate, and beat until smooth and thin.

CARAMEL SAUCE I

Carmelize ½ c sugar and add ½ c boiling water; simmer five minutes. Add a little vanilla. Be cautious in adding water.

CARAMEL SAUCE II

Butter the inside of a granite saucepan, add two ounces of unsweetened chocolate, and melt over hot water, add two cups of light brown sugar, and mix well; then add an ounce of butter and half a cup of rich milk. Cook until the mixture forms a soft ball in cold water, then take from fire, and flavor with vanilla. Put into a sauce boat and pour while hot over each service of ice cream.

CREAMY HARD SAUCE

½ c butter	½ c thick cream whipped
1 c powdered sugar	1 t vanilla

Cream butter well. Add sugar gradually and enough cream to pour. Add vanilla.

HARD SAUCE

1 tb boiling water	⅛ t nutmeg or mace
½ c butter	1 ½ c powdered sugar
1 t lemon juice	½ t vanilla

Pour boiling water over butter, stir until creamy, and flavoring, then stir in sugar. Make into mound, chill and sprinkle spice over top.

ORANGE SAUCE

3 egg whites 1 orange, juice and grated rind
1 c powdered sugar juice of 1 lemon

Beat whites till stiff, add sugar gradually, continue beating.
Add fruit juices and rind.

VANILLA SAUCE

1 c water 2 tb butter
 $\frac{1}{2}$ c sugar 1 t vanilla
2 tb flour

Put water on to boil, mix sugar and flour together. Add sugar and flour to boiling water and let boil three minutes. Remove from fire and add butter and vanilla. This sauce may be varied to make any kind of liquid sauce. For sour sauce add 2 t of lemon juice or vinegar, for chocolate sauce use only 1 tb flour and add 2 tb cocoa to the sugar or add $\frac{1}{2}$ oz. chocolate cut very fine. For fruit sauce use half fruit juice in the place of half of the water and add some of the fruit cut in small pieces just before taking from the fire.

HOT MAPLE SAUCE

Butter the inside of a granite sauce pan, add a cup of maple syrup, a third of a cup of cream, and boil until it forms a soft ball in cold water. Pour while hot over each service of ice cream.

CONFECTIONS

MARSHMALLOWS

2 tb plain gelatin	$\frac{1}{2}$ c hot water
6 tb cold water	$\frac{1}{4}$ t cream of tartar
2 c sugar	1 egg white

Hydrate gelatin in cold water. Boil sugar, water and cream of tartar till it spins thread. Pour hot syrup over hydrated gelatin, stirring continually. Add this mixture to beaten egg white, then beat until thick. Pour to a depth of 1 to $1\frac{1}{2}$ in. into pans lined with paper well sprinkled with powdered sugar, and sift powdered sugar well over the top. When firm, cut in squares and roll in powdered sugar and cornstarch.

CANDIED ORANGE PEEL

Cut rind into strips one-fourth inch wide. Bring to boil three times in salted water ($\frac{1}{2}$ t salt to one qt. water.) Pour off water each time and put on fresh. The last time, boil until tender. Plunge into ice water to crisp. Drain. Boil in syrup of one-fourth cup water and one cup sugar for each cup orange peel. Drain and roll in granulated sugar.

MARZIPAN

1 lb. blanched almonds
2 lbs. confectioners' sugar
Enough orange juice and water to moisten.

Grind nuts very fine. Mix all together and form into fancy shapes as fruits, nuts, etc.

TURKISH DELIGHT

3 t granulated gelatin	1 t lemon extract
$1\frac{1}{4}$ c water	1 t cinnamon extract
1 t citric acid	2 oz. blanched almonds
2 c sugar	coloring

Boil water, sugar, acid, and gelatin gently for ten minutes, stirring occasionally. Divide in two parts, add lemon and yellow coloring to one part and cinnamon and red coloring to another part. Pour into shallow pans. When cold and firm cut in squares and roll in powdered sugar.

APPLE CRYSTALS

2 c granulated sugar	flavoring
1 c water	coloring
5 apples	

Make syrup of sugar and water. Wash, pare, core, and cut into twelfths, one apple at a time. Flavor and color syrup as desired. Cook the pieces of apple in syrup gently until all are transparent and easily pierced with a straw. Remove from syrup, drain, and place on waxed paper for 24 hours. Then roll in granulated sugar. Let stand again for 24 hours and again roll in sugar. Repeat until apples are dry and crystalline on outside. Add $\frac{1}{4}$ c hot water to syrup and cook a second apple when the first has been removed from the syrup. Repeat until all have been cooked.

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